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Savvy Times



Welcome to the Journey! Issue 27, May 2010

Parelli International Savvy Club Magazine

**Principles, Purpose
and Time** Page 44

Dream Big Enough Page 26

I Got... No Rhythm Page 69

Italian Insight Page 28

New Website!

Visit the **NEW & EXCITING** parelli.com

See the difference for yourself!

We all have our own stories of how, when, and why we found Parelli, and we remember the frustrations and confusions that brought us down this road. The new parelli.com is designed as a portal to help more people find Parelli when they, too, are looking for answers. The content of the new website has been specifically created to draw more visitors from popular search engines when they enter queries like: *My horse bucks, horse training, or horse club*. As you peruse the new site, don't be surprised to find language that sounds strange to a loyal Parelli student, but try to put yourself in the shoes of someone who is brand new to the program. This website was made for first contact.

As parelli.com becomes the destination for those who are new to Parelli, information that is specific to Savvy Club members – such as the 2010 Parelli Center courses – will be relocated to the Savvy Club website. The Savvy Club site will remain your source for education, information, and inspiration tailored to dedicated Parelli students.



>Welcome to Parelli

Designed with viewers new to Parelli in mind, the new Parelli.com will truly invite curious horse-lovers to consider the Parelli philosophy of natural horsemanship by beginning at the beginning – an overview of the key ideas that set Parelli apart.

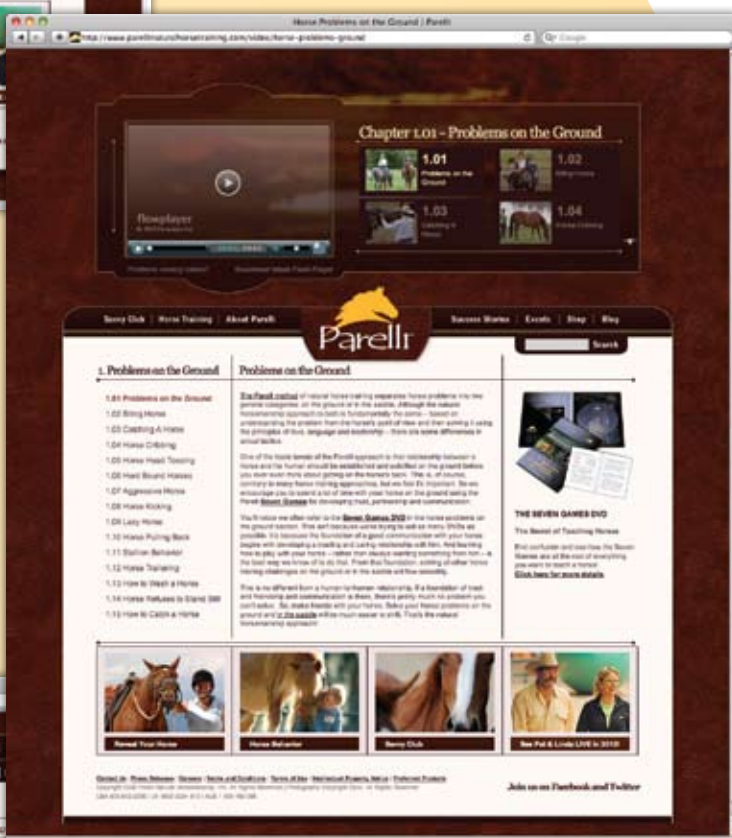


..... Official Parelli Blog

Check in on our Official Blog to keep up with what's happening in the Parelli world. You'll find entries from our Parelli Teams all over the world, and even a daily blog from Linda herself!

Video Problem-Solving

Many Parelli students start their journeys with a problem (or problems). The "Horse Training" section of our new website offers the Parelli perspective on the most common "problems" horse people encounter, and pairs text with short video clips to interest visitors in learning more.



..... Improved Webshop

Order education, equipment, auditions, and Savvy Club materials from our new, comprehensive and easy-to-navigate webshop.





Dear Friends,

When Linda and I joined together in 1993 we were committed to do more than train horses or run clinics. We focused all our energy on a very big goal—to change the world for horses and the people who love them. We set about to cause the level of horsemanship to rise and to change industry standards.

Rather than fight against injustice and ignorance, we chose to demonstrate another way—one based on the principles of love, language and leadership—to put the relationship first, develop a balanced foundation through Four Savvys and commit to never-ending self-improvement.

Along the way many people have joined the cause and helped us to share the Parelli message, taking us from humble beginnings to being the number one horsemanship program in the world. Today almost every horse discipline at every level has been touched in some way by Parelli, and many horses have been saved from being sold or destroyed by our teaching humans how to understand things from the horse's point of view. We gave life to a movement we named Natural Horsemanship, and it is now accepted as its own discipline.

The Savvy Club is about building a culture of dedicated students who join together to empower this cause. By being successful with your horse you will live your dream and at the same time help make the world a better place for horses and the people who love them.

Through horsemanship you learn to master the principles of relationships, which goes on to impact almost every other area of your life and the people you connect with.

Thank you for being part of helping us to change the world.

Yours naturally,

Pat Parelli

Linda Parelli



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44



60



54



28

Savvy Times

ISSUE 27 | MAY 2010



FEATURES

44 | Principles, Purpose and Time

The Parelli Mastery Programs develop its students the same way that Parelli helps us develop relationships with our horses—using the Eight Principles. Get the inside story!

60 | Coming to Terms with Fear

A young Parelli student details how an injury introduced fear into her relationship with her horse—and how the Parelli program has led her back to confidence.

54 | Linda's Journey

Recent breakthroughs in Linda's lessons with Walter Zettl have brought her tremendous learning and a new Parelli game. She shares her discoveries step by step!

28 | Italian Insight

Italian Parelli Professional Rolando Heuberger is helping Giuseppe Rosati train his staff at the Rosati-Colarieti Stud Farm in the Parelli Program.

On the Cover:
Casper and Magic
at the Colorado
Parelli Center
Cover photo by Coco



NEWS

- 5 | Dear Friends
- 10 | Kids Do It Naturally
- 12 | Horsemanship Wonder Down Under
- 14 | Parelli Competition Team Update

COMMUNITY

- 19 | Parelli In Africa
- 22 | Member Profiles
- 24 | Global Community
- 26 | Dream Big Enough
- 28 | Italian Insight
- 34 | Junior Savvy
- 36 | The Parelli Center
- 39 | A California "Field of Dreams"

EDUCATION

- 44 | Principles, Purpose and Time
- 48 | Pat's Journey
- 50 | Peppy's Journey
- 54 | Linda's Journey
- 60 | Coming to Terms with Fear
- 63 | Saddle Savvy
- 64 | Level With Me
- 69 | I Got... No Rhythm
- 72 | Breakthroughs
- 74 | Nothing to Brace Against



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Issue 27, MAY 2010
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Huge thanks to all the members of our worldwide team, who do their best to be “the best me that they can be” every day. We value their commitment to supporting horse lovers worldwide in whatever way they can.

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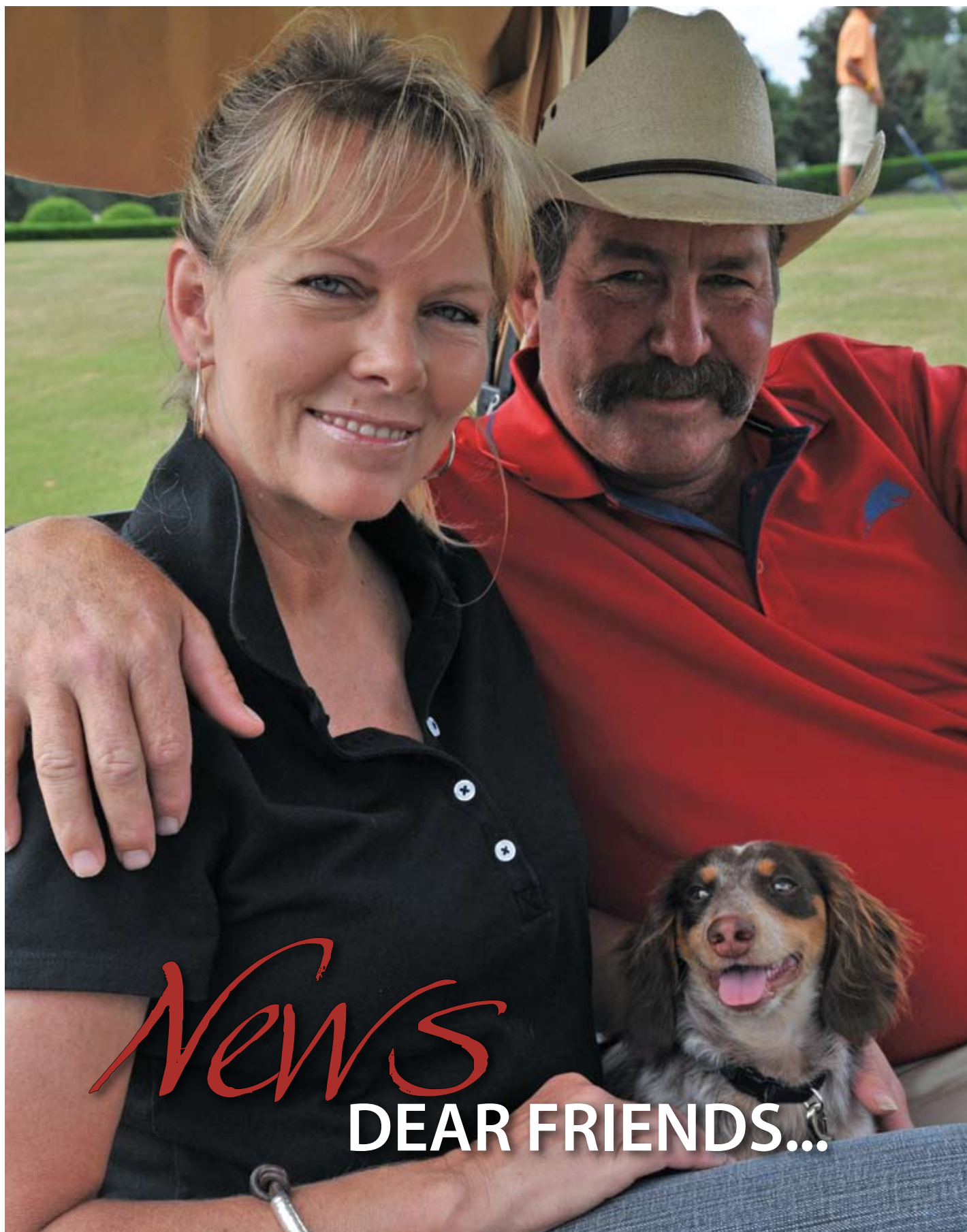
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Watch Parelli on YouTube

Stay inspired by a multitude of videos submitted by students as well as learn about upcoming contests at www.youtube.com/ParelliTube



News

DEAR FRIENDS...

By the time you read this it will be May, and we'll just be getting back from our events in Australia. It will be wonderful to see all our Savvy Club members there again, do the Gold Summit downunder, and have a day to Share Parelli with newbies and friends of friends of friends, just as we are doing here in the Parelli Across America Tour.

The last few months have just flown by, and I'm starting to see that it feels more that way as I get older! The Florida winter has been brutal compared to the usual—even a dusting of snow on our porch, which I really should not talk about, seeing as some of you up north got blasted! The horses fared well, but Remmer grew a coat that was more like what he used to have in Colorado. As I write he's shedding like crazy, and Allure's lovely chocolate summer color is starting to shine through, too. Before long we'll be headed back to Pagosa; in fact, we're going there right after our Texas event in April.

Austrian Ski Trip

Something we've hadn't done since Pat and I got together is take a vacation! The most we've ever had was three days in Mexico about eight years ago, so we were excited to be invited by some dear friends on a week-long ski trip to Austria in January. Not only were we going to ski several areas, but there were some really fun events included, like the famous downhill Hahnenkamm.

The trip was called Franz & Friends, Skiing with Champions. Led by downhill speed record-holder Franz Weber, we were privileged to ski with some great people and in the company of Franz Klammer (legendary multi-champion and Olympic downhill medalist), Prince Hubertus von Hohenlohe (who competed for Mexico in the last winter Olympics) and Stephan Keck (an amazing Alpinist who climbs the tallest peaks without oxygen and skis down the other side), and still other incredible



ski athletes who joined us for a few days here and there. The tips we got for our own skiing were super. It's a bit like riding with Pat and his top instructors—they find the one thing that makes the biggest change. When skiing after the downhill race, we even met up with the Prince's Austrian cousin, Katja Goess-Saurau, who is a Savvy Club member, along with her four kids! We arrived home exhausted yet refreshed, and thankfully all muscle soreness was gone by that time!

Back on Campus

Right before we left for Austria we were guiding another instructor course. Pat focused mostly on the 1-Star group, while I was with the 2-Stars. It is exciting to see how many passionate and helpful people are going back into the horse world with new knowledge and accreditations to support and help you accelerate your results. Pat also held the first Ambassador

training, back in February, explaining his vision and inviting the first participants to help contribute to it as an initial beta group. Their role will be to support groups of students in the field and to coordinate Parelli Games, events, etc.

At the end of the Instructor training we did some saddle makeovers to teach new Instructors how to do them—what to observe in the horse, how to know when things are working and when they are not. It brings tears to my eyes when I see horses drop their heads, stretch their backs and lengthen their strides, and the audience always gasps! Even though many of them had seen these effects before, now they were watching from a teaching perspective, and somehow it felt even more powerful.

Two days after we got back from Austria Walter Zettl was here, so Remmer and I didn't have much preparation and took it easy the first few days, ending with some really super break-



Opposite Page: Pat and Linda with Prince Hubertus von Hohenlohe and his cousin Katja Goess-Saurau

Top: At the top of the Hahnenkamm; Adie on far right and Franz Klammar next to Linda

Above: View from the VIP seats at the bottom of the downhill.

Right: Pat and Franz Weber





*At dinner with the group,
Adie and Beaty are opposite us.*

throughs. I've written about them in "Linda's Journey," and as I write this Walter is back here and complimenting me on the noticeable improvements since last time. Too cool!

I have also spent a little time coaching the Mastery Students and talking to the two-week and Fast Track students. I must say the questions they ask are amazing and show a lot of thought at increasingly deep levels. It's always fun, and Vinny, my little dog, is an expert scene stealer. He runs around visiting everyone, tries to distract me, flops on my lap or gets arrested by one of the faculty!

The Fast Track is unlike any course we've run in the past because it focuses on people who have professional goals and want to get on the fast track to meeting them. As a result, we test all the students the first few days after they arrive to see where they are and give them an idea of where they need to go. Then we keep a record of their improvements and needs so the teaching time can get very focused. At the end of the four weeks they re-take the test, and over 80% of the students in Fast Track 1 achieved major improvements and passed the test. The ones who didn't just needed more time, which they'll put in when they return home.

Visit with Janice

In February Janice Dulak was back for three weeks to collaborate with me. I help her with horsemanship, and she coaches me on Pilates-style strategies for collection and engagement—a whole new level of Fluidity for Finesse, some of which

I have shared with you in past DVDs. So of course I learned some super tips to improve my turns and got reminded to tighten my ribcage more to bring my horse's forehead up. It's incredible how that works! But even more fun than that was getting to ride her horse and teach him the Game of Contact. I got feedback from her like "My horse looks incredible, and the best part is that it's his idea!" You'll get all the details on that game in my article inside.

Ray Hunt Memorial

Late February Carolyn Hunt invited Pat to attend the Ray Hunt Memorial Event in Fort Worth, Texas, where a herd of colts were started by about twenty of Ray's students. Pat was asked to be a commentator, along with Bob Tallman (of national rodeo announcer fame), whom he's known since they were teenagers, and Sharon Camarillo, a barrel-racing legend. It was an interesting event for me on many levels, and some of the horsemen were leagues above others. Watching horse after horse after horse get started over the two days, it became a sport for me to pick the Horsenality™ and then predict the reactions or responses based on the approach that was used! The horses that people had the most trouble with were the Right-Brain Introverts, which was really no surprise, because they just cannot take being hurried into things. There were some pretty big explosions as a result, but thankfully no injuries. The horseman that got the vote from spectators in the end was the man who showed the gentlest approach and

most thorough preparation. The horses would have voted for him, too.

Parelli Across America

Our first event of the year went very well! We decided to start with horses being horses and turned them all loose in the arena to play for 15 minutes before Pat came in. It was very cool to see them playing dominance games and separating into groups within the herds. When Pat came in, he pointed out the different games they played with each other for a bit, then called in his group of mastery students for a spectacular group Catching Game. It was spell-binding as each student stepped out and called their horse back to them. What a great way to start; showing horses in their natural state and then partnering up with humans.

When it came to my performance on the Saturday morning, everything went beautifully. Remmer and I were in perfect harmony and (after jumping ONCE on Friday) were planning to do our first bareback jumping demo in over a year! As we approached the picnic tables for the first time, I could suddenly see that we were half a stride out. Remmer saw it at the same time and I felt him sizing up the jump and checking in with me, but I mentally told him "it's your call." Remmer was feeling great so he took off early and we did this HUGE jump over them. Oh my gosh! It was incredible! He landed and I looked up into the audience and laughed and then he arched and twisted into some exuberant bucks. Luckily they weren't very big – he looks after me these days! But I pushed on his withers anyway and went with him. As we rounded the corner, there were the upright barrels and I thought "Oh well, might as well take them rather than do another circuit!" Remmer didn't even hesitate and soared over them. On the other side we came to a walk and I dropped the reins. When I picked them up again he offered me passage so I took it and we pranced around until we got to the pedestal and he stood on it.

As I said to everyone there, "I used to dream about being able to play with horses like that," and Remmer and I left the ring with a wonderful feeling of connection and unity. Later in my signing line I met many students who said it had brought them to tears and I told them, "Me, too." It really moves me to have such a magnificent animal as Remmer offer me so much.

The rest of the day was super. Pat had his Mastery Students come in and demonstrated the Seven Games in Four Savvys and Four Levels. So much fun to see the scope of what can be achieved – they brought the house down!

Savvy Club Sunday was really interesting. Both Pat and my lessons with Savvy Club members went brilliantly. Then I gave

a demonstration of my latest breakthrough with Remmer in the Game of Contact. He was incredible – round, powerful, enthusiastic. Students and instructors who have known Remmer and watched him over the years could not believe the transformation in him. That was pretty exciting for me, and the first time I'd talked about this and demonstrated it in public.

Best of all, it is always so wonderful to connect with you all in person. Even though we don't necessarily all get to talk, I see your familiar faces and love your smiles and enthusiasm as you get new ideas or are re-motivated to take your horsemanship to the next level.

I wish you all a great spring and summer season, with tons of growth and fun in your horsemanship. We'll be seeing you down the road as we tour and share some exciting new developments in Savvy Club with you, including the first-ever Savvy Club Conference and Rendezvous in October, in Jacksonville, Florida. Stay tuned for more information!

Keep it natural,

Linda

PS: Oops! We forgot to mention these photo credits from the Feburay issue. Thanks to Steve Holmes for the photo of Linda on page 7. Thanks to Photos Naturally By Liane for the photo of Stephanie on page 33.



Linda and Vinny

Kids Do It Naturally!

by Jenny Beynon

The winters are a tough time for horse lovers with the mud, snow and short days. It's hard for us to play with our horses and keep motivated, so after the success of last year's workshops here at the U.K. Parelli Centre, we decided to open the doors again this winter. And oh, boy, was that received with enthusiasm! What better way to spend a dark, wintry and, in this case, snowy day than talking and learning about our prize possessions—our horses!

These workshops are great opportunities to learn more about Parelli, meet like-minded people, make new friends and improve your feel, timing and balance through simulations and having fun!

I asked the students what they had found most helpful, and the consensus was "Wow, aren't these simulations powerful? I never realized how much they help us to understand how our horses feel when we play with them."

On February 18, 2010, it was the turn of the children and their parents to join us at the U.K. Parelli Centre for a day filled with simulations, games and horse talk. The day started in the warmth of the classroom, and soon it was time to brave the snow and head outside to look at life from our horses' point of view with simulations and conga horses.

After lunch the afternoon included practicing Carrot Stick™ skills, more simulations and even a bit of juggling!



Here are a few of the experiences the children shared with us:

Georgina Turner (age 12): *I own a Left-Brain Extrovert/Introvert called Star. Parelli has changed both our lives. We now have a better relationship than ever before. We can do things that you would only dream about. It's an amazing journey, and I don't want it to stop.*

Angharad Goodwin (age 12): *Frank (my pony) is a chestnut New Forest who is a Left-Brain Introvert. When we got him he had learned a lot of bad habits—for example, he knew that he didn't have to move if he didn't want to, and if he decided he wanted to go home, Frank would bolt. Now that I have started Parelli he has changed. Frank respects me more than he did before, and I am his leader and friend. He goes back at a shake of a finger, unlike before. At the Parent and Child Workshop I learned so much more about horse behavior, and I am now savvier than I was before.*

Olivia Sealy (age 11): *I have a cheeky pony called Rocky. We are both 11, and we love riding together. Rocky is a Left-Brain Introvert/Extrovert and loves to play with both horse and human.*

My favorite thing to do with Rocky is to ride in a halter. When I first got him he ran away from me and started to eat grass, and when I approached once more he ran away again. Now he is fantastic to catch, and he is lovely pony with lots of humor. We really like doing the Squeeze Game, especially over a jump. The Sideways and Yo-Yo games are really good to keep him interested instead of him nosing everywhere else. In the field we have a pedestal, and he loves posing on top of it. When I've been jumping he gets really strong, and a one-rein stop is perfect for him.

Lucy Butt (age 8): *I think Parelli has helped me build my confidence with my pony by making me believe I can do it, because I feel I am in charge of my pony on the ground and one with my pony. My pony and I are both Right-Brain Extroverts!*

These insights are a great example of how natural children are from an early age and the great opportunity we have to nurture and build on their natural affinity for horses as they grow up. I cannot wait to see the horsemen these children will be in their twenties. The future of horsemanship is certainly bright! 🐾



Horsemanship Wonder Down Under

by Jeni Cleavers

For many students it's a big trip to the Australia Savvy Centre at Wilton, NSW. Most of them come from interstate, stopping overnight in some country town. Our Western Australia students drive across southern Australia with their horses for more than five days.

But at the end of the course all the students say how worthwhile the experience has been, how it has improved their relationship with their horses, given them confidence and inspiration and taught them how to have fun. It really is a physical, emotional and mental journey for students as well as the horses.

The first day of autumn, March 1, was the start of our two-week Level 2 Breakthru course, with sixteen students coming from all around Australia. For many it was their first time at Wilton. They arrived tired, excited, nervous (just a bit right-brain) and relieved to finally be at the Parelli Centre. Instructors Rob McAuliffe and Berin Macfarlane and student Instructor

Justin Corbidge helped the students get into the program as they played with their horses in a relaxing, picturesque environment. For two weeks they had the luxury of immersing themselves in horsemanship with their equine partners.

Many students commented on the flexibility of the course that allowed them to take the time it takes to find answers and solve puzzles. They were supported through many thresholds to find a new level of confidence so they could return home, continue on their horsemanship journeys and fulfil some of their dreams.

Instructor Rob McAuliffe said, "Students put pressure on themselves. Trust the process and allow us to help you." 🐾



“It was wonderful to be in a safe environment. Riding my horse has been huge! I feel I’m ready to do it now. No pressure, total support, and my horse enjoys it, too.”—Jude B.

“I am learning so much. I’m excited now. When my horse and I have something good happening, I think, ‘Look at me!’ We have better communication, and I’m more relaxed.”—Mark A.

“My horse is more willing, and I’m more focused. I know when he’s unconfident, but he’s more confident and trying. That’s huge for us.”—Lyn L.

“My horse is offering so much. Learning to lift my energy has made everything fall into place.”—Jo-Anne G.

“I now know how to be effective, to be understood. When my horse understands me, I’m effective.”

“I’ve loved learning new and different ways of doing things. I really feel I have achieved something.”—Cherry H.

“Most valuable has been learning the importance of rapport, respect and focus. Rapport and respect go hand in hand. Respect is nothing more than understanding. If they understand, they’ll respect.”



Parelli Competition Team Update

Early in 2010 a handful of Parelli Mastery Program students began testing their horsemanship at local competitions in several disciplines, from dressage and show jumping to reined cow horse and ranch sorting. We asked members of the Competition Team to describe their experience.

Is your participation in the Competition Team your first competitive experience? How did you feel about either competing for the first time or returning to competition after being a Parelli student?

Lauren Barwick: For the past eight years I have been a paraequestrian in dressage, representing Canada on the international level. For the past three years I have been doing dressage naturally. This is, however, the first time I have been mentoring athletes at the competition level in dressage. It was a great experience to be a part of others' journeys and to see them develop mentally, emotionally and physically through the competitions.

Lee Palmer: Before I found Parelli I competed in many disciplines but fell in love with show jumping. However, I eventually found myself caught up in a world of predatory, ribbon-driven riders who forgot to have fun while competing, and I was one of them! After years of dissecting my fundamentals and "renaturalizing" myself, it's all come full circle. Returning to my competition goals feels great. I've found a different perspective on why I'm so driven to compete, and a healthy way to compete—naturally!

Susanne Neff: I started competing as a child just before I found Parelli. Returning to competing after being a Parelli student for over ten years was different than I thought it would

be. I still had this image in mind of it being all about winning, very serious and cutthroat. What I experienced when going to the competition was the exact opposite—I realized that I could look at the competition for feedback about where I am at this day with this horse—just like an audition. We had tons of fun, and the support that we provided for one another was far beyond my imagination.

Emily Thompson: Yes, this is my first competitive experience (aside from the Parelli Games and Tournaments!). I have to say I was honestly way more excited than nervous—must have been all my preparation! I was ready to take on the challenge.

What was your main goal or focus for your competitive experiences? How do you define or evaluate success?

Lee: My main goal for my competitions is to be an amazing role model of Parelli Natural Horsemanship. If I've preserved the dignity of the horse, tried my best, had fun and learned from any mistakes, it was a success.

Mattie Cowherd: My main goal for my competitive experiences was to have fun and to show the other side of competition, the light-hearted side. I wanted



to go and not take myself too seriously—which wasn't hard—I was riding a cute little Quarter Horse at the dressage shows! I evaluate success by challenging myself to improve just one or two little things and enjoying myself. If I accomplish these, it will have been a great day.

Emily: My main goal was to gain experience in the competition world. Also to expose my horse to the environment and see where we are in our development. Success for me isn't defined by the score or placement within the competition. It is defined by the level of communication my horse and I have, that intimate connection that nobody else can see; only your horse can feel it. Also, I determine success by how much my horse enjoyed what we did—was it as good for her as it was for me?

Ryan Rose: My main goal is to share Parelli within the performance industry by being a good example in the warmup arena and taking the time to get to know people before, during and after the shows. I define success at the show by what we learned, who we met and how much purpose we gave our horses.

Hillary Rose: I was in charge of administration for the Parelli team, so my focus was to support the team and get experience in all of the aspects of competition. I think what we are doing at the competitions is the recipe for success. When you put the relationship first and concentrate on doing what's right for the horse, even if you don't win the class, you'll win in the future, because your horse will continue trying for you.

What have you learned from your experience on the Competition Team?

Lauren: How much I love going to the shows with a team of other riders. I just love seeing everyone else in the arena and being able to give them tips. It's so exciting! I almost don't need to ride myself—almost! It's also great to see my horses out there with other students learning from them. Maile and Peanut have both been great teachers.

Mattie: I've had the opportunity to learn a little bit about dressage, since I'd never done it before. I find it challenging and thought-provoking. I also learned a little bit more about myself and how I handle different circumstances and people. We have a good mix of people on the team, and we are all willing to learn something from one another.

Susanne: I learned that it is useful to have some equipment savvy (especially when braiding horses), that it is very important to make friends with the show secretary, that it matters if you ride the lines correctly and that it really awesome to do something like this as a team.

Hillary: Just as I hoped I've learned about all the different aspects of competing. That it's more than just showing up and going in the arena; there is a lot of preparation needed to get there. I've learned that you can successfully compete naturally, and it's exciting.

Lyndsey: That my emotional fitness really isn't as bad as I thought! Ha ha! When we travel outside of the Parelli campuses we can see that we tend to forget how progressive we are in our own journeys and how much pride and initiative we put into improving and growing every day. 🐾



Levels Pathway

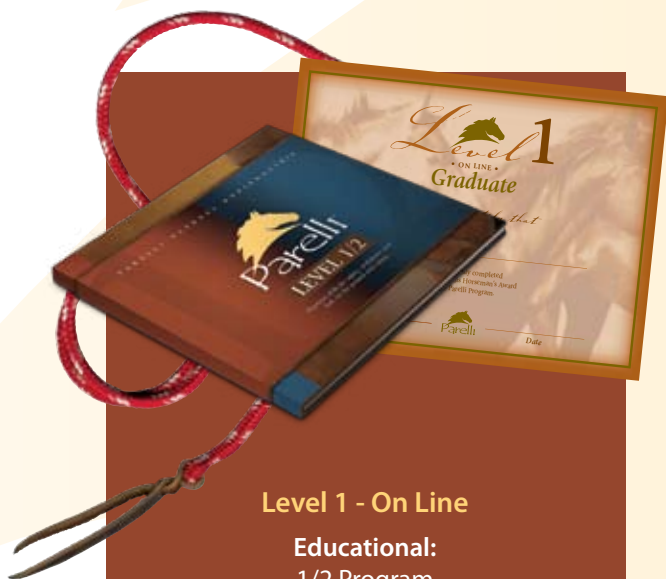
Parelli Levels Pathway

Your Journey From Level 1 to Level 4

Making progress step-by-step, increasing your savvy level by level has never been more simple.

Now you can develop in one Savvy at a time and progressively add a Savvy when you are ready until you are playing in all Four Savvys with your horse - or two Savvys if you don't ride!

For more details, go to parellisavvyclub.com.



Level 1 - On Line

Educational:
1/2 Program

Equipment:
Halter, 12-foot Line,
Carrot Stick and Savvy String



Level 2 - FreeStyle

Educational:
Level 1/2 Program

Equipment:
Natural Hackamore or
Snaffle bridle

Level 2 - On Line

Educational:
Level 1/2 Program

Equipment:
22-foot Line



Level 3 - Liberty

Educational:
Level 3 Program

Level 3 - FreeStyle

Educational:
Level 3 Program

Equipment:
Bareback Pad

Level 3 - On Line

Educational:
Level 3 Program

Equipment:
45-foot Line



Level 4 - Finesse

Educational:
Level 4 Program

Equipment:
Cradle Bridle

Level 4 - Liberty

Educational:
Level 4 Program

Level 4 - FreeStyle

Educational:
Level 4 Program

Equipment:
2nd Carrot Stick

Level 4 - On Line

Educational:
Level 4 Program

The Parelli Professionals Promise

Relationship First

We promise to put our relationship with you, our student, first.
And we promise to help you put the relationship with your horse first.
Rather than perfecting the task, we will care more about
confidence, trust, motivation and willingness . . . as true horsemen do.

Four Savvys

We promise to help you become well-rounded in your savvy
both on the ground and riding; to prepare you for success at every
level to read your horse, understand his Horsenality™ and develop
your savvy skills On Line, at Liberty, in FreeStyle and Finesse.

Never-Ending Self-Improvement

We promise to inspire and support your quest for never-ending self-
improvement. The Parelli Pathway and Savvy Club will guide you to success
and help you measure your progress every step of the way.



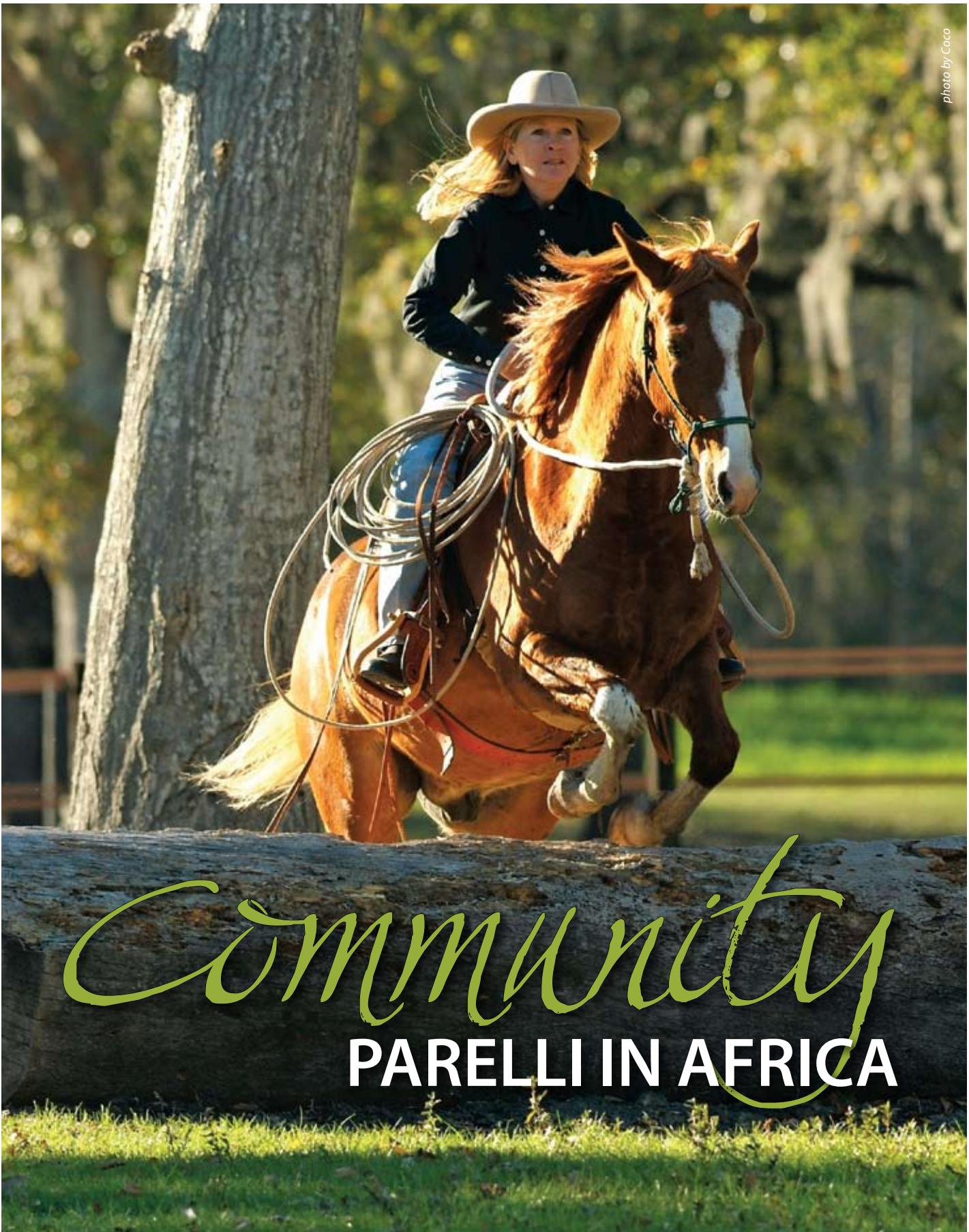
Do You **Dream** of Becoming a **Parelli Instructor?**

Visit www.parelli.com to find out more information!



To locate Parelli Professionals and workshop schedules around the world go to parelli.com and choose Instructors from the About Parelli menu.

photo by Coco

A woman with blonde hair, wearing a light-colored cowboy hat, a dark long-sleeved shirt, and light blue jeans, is riding a brown horse with a white blaze on its face. The horse is jumping over a large, dark log. The rider is holding a coiled lasso. The background shows a grassy field and trees with autumn foliage. The scene is brightly lit, suggesting late afternoon or early morning.

Community

PARELLI IN AFRICA

Last summer I taught the first Parelli clinics in lush Capetown, South Africa, and in the remote deserts of Namibia.

Capetown is one of the most beautiful places on earth, with mountains, spectacular ocean views and a Mediterranean climate. I was surprised that there are so many Parelli students in South Africa. It's a real challenge getting Parelli equipment and educational materials in Africa, but these people are hungry for knowledge and eager to learn.

I met Friedrun Stuhlinger from Capetown at the Parelli Campus in Florida in February 2009. If there had been a "Miss Congeniality" vote at Parelli, I'm sure that Friedrun would have won it. Her big smile and enthusiasm for Parelli were conta-

gious. When she invited me to teach in Capetown later that year, I quickly accepted.

Friedrun and her husband Jurgen live a life of adventure in South Africa. They have done adventure riding vacations in the United States, Ireland, Peru and all over Africa. They have been charged by lions and rhinos and have crossed the crocodile-infested Mara River in Kenya on horseback!

Friedrun talks about how Parelli has made a difference: "Nowhere else is it so important to tune in with your horse and to achieve teamwork on the highest level than among big game in the African bush. There could not be a better training system for the rider in such situations than Parelli. The Eight

Principles of Parelli apply here in the bush far more than anywhere else and are sheer preconditions for survival. For example, when we rode in Kenya we had to cross the famous Mara River, infested with huge crocodiles and highly aggressive hippos. You apply all your knowledge of Parelli and give your horse leadership through focus and assertiveness. You communicate with him and trust him as much as you expect him to trust you. I do not allow myself to be fearful. I throw my heart into it and cause my horse to think this is the only way to go—forward and through the deep, dangerous waters. I do it with a positive, assertive and determined attitude, and I can feel how my idea becomes his idea. We do it together in partnership. I am proud of him and love him dearly. Without Parelli I would never have been able to achieve such a rewarding partnership under such dangerous circumstances and still enjoy every moment!" (Note: There is no bridge. You have to cross the river to traverse the region!)

The Capetown clinics were a huge success, full of enthusiastic Parelli students who were happy to get firsthand Parelli information. From cosmopolitan Capetown we flew to a 10,000-hectare horse ranch in the deserts of Namibia. Invited by Rosi Rohr to teach German volunteers at her Cherubim Stud, Rosi



Christi with the women from Germany

was enthusiastic about natural horsemanship, but most of the German girls were schooled in traditional riding and had little knowledge of natural horsemanship. Rosi raises Nooitgedacter horses, a hardy breed developed in southern Africa. Used in endurance riding, jumping, dressage and ranch work, they are untouched until they are four to five years of age. Then they are brought in and started by Rosi and her volunteers. These horses are survivors, raised under the toughest conditions. Rosi lost a six-month-old filly to a leopard before I came, and one of her mares disappeared the week I was there. We found cheetah tracks, but no sign of the mare.

What the horses in Namibia taught me, you would need much time to learn in a business school.

To be, feel and really behave like the leader.

Rosi's horse "breaker" had put a rough start on the horses before I came. Then the German girls were expected to put miles on them riding around the 10,000-hectare Weissenfels Farm. The horses had a lot of baggage from this horse breaker, and my job was to help girls and horses survive and teach the girls how to develop a relationship with them.

The girls were used to riding gentle school horses in Germany, so the dangers of riding half-wild Nooitgedacters began to tip things in my favor. They started to see the need for groundwork, to learn to read Horsenality™, to use positive patterns and to develop a relationship based on respect and trust. The last day we took the horses to the jumping arena in the riverbed to put the Parelli principles to a purpose. I watched with pride as the girls showed amazing feel, timing, balance, savvy and experience in playing Seven Games with obstacles in the riverbed.

Months later I received a grateful email from one of the German girls, Karin Haake: "What the horses in Namibia taught me, you would need much time to learn in a business school. To be, feel and really behave like the leader. It is a basic, whole-life concept. I use all that I learned from the horses in Namibia in my communications with people."

It humbles and amazes me that people all over the world are doing Parelli in their back yards. Visiting Africa is a life-changing experience. I am so grateful to Pat and Linda for this opportunity to help make the *world* a better place for horses, humans and even zebras! And it always reinforces the idea that "The more I learn, the smarter my horse gets!" 🐾



Above: Savvy trailer loding at Cape Town clinic

Above Right: Karen and Christi at Cape Town clinic

Right: Christi and Friedrun hiking on Table Mountain

Far Right: Christi and CR Rains at Cape Point, the end of the African continent



Member Profiles

Member profiles will highlight a handful of Savvy Club member each month, allowing them to share their stories with the Parelli Community. If you would like your profile to appear in Savvy Times, email your responses to the following questions and a picture of yourself and your horse to savvytimes@parelli.com.

Sue Pengelly

Rocky Mountain House, Alberta, Canada

How did you find Parelli?

A few years ago we noticed we had a crazy cowboy neighbor who would be out riding in the ditches and checking his cows bareback and with only a halter. We were looking for a better way with horses. Don Halladay, one of Canada's Parelli Professionals, quietly led us to the right way. Not so crazy after all!

How long have you been playing with your horse?

I have been playing with dedication for three years.

Describe the horse in your life.

Tinky is an 8-year-old AQH gelding. He is a Right-Brain Extrovert with some Right-Brain Introvert tendencies. He is very sensitive, powerful and athletic, not to mention beautiful. I could look at him all day.

What level are you playing in?

Level 3 with a hint of Level 4.

What are your horse dreams/goals?

To experience harmony and joy with Tinky and several more horses in my lifetime as these horses turn into great ranch partners. In doing this I hope I can be a great ambassador for Parelli.

What has your horse taught you?

To trust Parelli and to trust him. Parelli truly is the ultimate way to train your horse.

Tell us about the best moment with your horse.

There have been lots, but two stand out. The first day he actually looked happy to see me, and a couple of



days ago when, out for a ride, he very nicely told me there was a problem with his saddle pad and cinch rings by bending himself in half to put his nose on the problem spots. I hopped off to make adjustments, and he quite clearly said, "Please scratch me there, and I'll scratch you. Where can I scratch you?" He had never really warmed up to the itchy-spot thing before.

Inge Janssens

Tielen, Belgium

How did you find Parelli?

The Parelli program came almost four years ago into my life. At the time I was searching on the Internet for a different training program for one of my horses, Utan, now a 12-year-old gelding Belgian sport horse.

How long have you been playing with your horses?

I am playing now for three years with Utan, with pauses, because once or twice a year he has a very bad physical condition and he needs medication and rest again. I also started Raissa in the program, and two months ago I also started Brunhilde.

Describe the horses in your life.

Raissa, a 15-year-old Belgian sport horse mare, has been with me for ten years. She is an extreme Right-Brain Extrovert. Utan is a 12-year-old Left-Brain Introvert Belgian sport horse gelding and has been with me six years. Brunhilde, a 4-year-old Percheron mare, has been with me for two years. She is extreme in all four of the quadrants, especially Left-Brain Extrovert. And then there is Ollie, a 12-year-old gelding who came to live with me four months ago.

What level are you playing in?

I am starting to play in Level 3 with Utan and Level 2 with Raissa and Brunhilde.

What are your horse dreams/goals?

I find the Horsenality™ and Horse Behavior knowledge the most interesting part of the program, and I want to know more

and more about it. I try to read friends' horses and then do something with them. It touches me every time you can connect with a horse.

What has your horse taught you?

Raissa has taught me so much! She taught me to be patient and to start all over again when it is necessary. She also taught me that there are things other than riding, such as just sitting with her, walking next to her or spending a lot of time with her. Utan taught me to look at a horse differently and always believe in my own judgment. Brunhilde taught me that I always have to remember the principles of safety in Level 1. Ollie taught me to give him the time he needs and force nothing.



Tell us about the best moment with your horse.

The first time I realized that Raissa touched me. I had her for two years, and all that time I had long hair. One morning I was grooming her, and the day before I had been to the hairdresser for a very short haircut. Suddenly she was nipping with her lips on my neck as if she was telling me she knew I had a haircut. This was the first time she did something like that. I was always the first to touch her. That is something I will always remember, and it gives me a very warm feeling.

Rachael Hartley

Alachua, Florida, U.S.

How did you find Parelli?

I first saw Pat and Linda on RFD-TV. I loved the things they could do with their horses, so when I found out there was an event near my area, I went. I must say that was the best event I'd ever been to. I joined the Savvy Club, and I've been increasing my savvy ever since!

How long have you been playing with your horse?

I started playing with Diamond in December of 2006. That was mostly just teaching him (and me) the Seven Games and playing around with them using my imagination. I really started playing with him with some real knowledge and inspiration about one year ago.

Describe the horse in your life.

Diamond is a 5-year-old Left-Brain Introvert/Extrovert Tennessee Walking Horse. When I first got him he was *extremely* withdrawn and a typical Right-Brain Introvert, but after doing Parelli with him he really blossomed, and his true Horsenality™ came to the surface. Now he is the typical Left-Brain horse—opinionated, comical and sometimes stubborn! However, playing with him can be a challenge, because if I don't give him the respect and time he needs, he can withdraw into himself in a moment.

What level are you playing in?

I haven't been formally assessed yet, but on the self-assessments in On Line we're playing mostly in Level 3, and we're almost done with all the Level 2 tasks at Liberty. As far as riding skills go, we're kind of everywhere, since I haven't focused on that area as much. As far as tasks, we're still in Level 1, yet at the same time I can ride him anywhere with a Carrot Stick™ and a Savvy String around his neck.

What are your horse dreams/goals?

I would like for Diamond and me to pass Level 4, and after that, I wouldn't mind competing a little at some local shows. If I ever get the chance, I would definitely love to become a Parelli Professional.

What has your horse taught you?

Diamond has taught me so much, it's hard to pick just one thing. I guess he



has really taught me to view horses as thinking, feeling beings that need Love and Language as much as Leadership, and that he needs my respect as much as I need his.

Tell us about the best moment with your horse.

I was trail riding with a friend alongside a road, and suddenly this *huge* black dog came running at us, snarling and barking. Diamond was scared, but when I asked him to move toward the dog, he did. Even though he was scared, he didn't turn Right-Brain and run the way he wanted to. He trusted my leadership, and we chased the dog back into its yard. Having Diamond trust me really surprised me and saved my friend and me from a potentially nasty situation!

Global Community

Reader submissions from around the world

Connecting Continents

Rita LaRue, Texas, U.S.

I made my 16-year-old niece's dream come true last summer and got her on a plane from Frankfurt, Germany to Dallas, Texas to spend the summer riding with me. We talked a lot about Parelli, and I explained the Seven Games. She got along well with one of my mares. Through many horse conversations via YouTube, Facebook and Share Parelli she found that many people are listed under "Parelli Friends" or "Natural Horsemanship."



One evening after her return to Germany I was looking at the German website and clicking around the "Parelli Friends." I was choosing pictures of people and their horses that stuck out the most for me. I really liked a special photo of a woman standing with her black and white horse while the horse was *sitting* in front of her. I sent her an email asking how she taught her horse that. Since then Marion, the woman from the picture (with her horse Angelina) and I have become friends through our daily emails. We've shared many horse stories, childhood dreams and personal things. Luckily I had booked a flight to see my family for the Christmas holidays, so we scheduled a time to meet in person. Marion lives relatively close to where I lived in Germany before I moved to the U.S. I hoped that we would still have a connection when we met in person.

Our first meeting was great! We felt comfortable with each other right away! Meeting Angelina live for the first time was awesome. Here was a beautiful, talented horse on the other side of the globe that was the reason for our connection!

Marion showed me what her life with Angelina is like. I met her family and visited her hometown. We also visited some of

her Parelli horse friends in the area and her barn and riding arena! Marion let me sit on Angelina, and it was such a nice feeling! I was in Germany, surrounded by a new Parelli friend, a Carrot Stick™, a great horse, and falling snow. Parelli is really connecting continents!

Mother & Daughter Fun

Vanessa Glauser, Switzerland

I'm playing in Level 3 with my partner, a 10-year-old Left-Brain Introvert Friesian gelding called Gitano. My instructor is 4-Star Parelli Professional Berni Zambail. He's supporting me through my Parelli experience with a lot of comprehension and patience.

I found Gitano six years ago. Although he was only four years young, he already had a very annoying past. The Parelli program helped us a lot—in fact, it's the best thing that happened to us! I don't think that Gitano and I still would be together without the support of the program. Gitano was not trusting humans at all; he was a skeptic, very unconfident but sometimes really dominant. And on top of it he had a big problem with the cinch. What a challenge!

The Parelli program helped me to stay on course, and step by step I revealed a completely new horse. He's highly motivated, and he's a really happy horse now! In the last six years we have become a fantastic team. We respect ourselves and trust each other.

With the Parelli Patterns, playing with Gitano has become even more ingenious! It's working awesomely, and I'm really excited! I think the Patterns contain the perfect learning plan and a lot of information. Most important, they help to bring more



variety into everyday life. No chance to bore the horse anymore!
The Patterns gave me a lot of input and ideas about how to be
creative and consistent with my horse. We have a lot of fun!

My 10-year-old daughter Michelle is playing with her Left-
Brain Extrovert Dutch Warmblood pony Rambo. Michelle passed
her Level 1 in autumn 2007, and the Patterns are helping her to
keep on track, since they are understandable and practicable for
kids. And the best: They're in German now! What a great advan-
tage! I love them, and I love the new translations of the Savvy
Club DVDs. This helps a lot, since there are many people here in
Europe that don't understand English. Parelli will become even
more popular now!

Love, Language and Leadership

Brian Hallam, Northampton, U.K.

The morning mist slowly disappears in the light
As the sun makes its way over the mountains
The fresh prairie air gently floating in your hair
Your heart is happy as you hear that familiar sound

Through the green grass they emerge, quiet not loud
Walking with magnificence so proud
Cautious and curious they make little sound
Your horses your friends, you like them around

One at the back is strong and alert
You know his name and he is pawing the dirt
Both ears, both eyes, he sees your gaze from afar
And slowly walks over to greet you, he's the star

You love this stallion so tall and so strong
You love the smells, the touch, the feeling so long
You would love a relationship that people desire
You would love a partnership that burns like a fire

Something is missing, things do not rhyme
You have felt there is a problem for a long time
Something is wrong but you tie him instead
You bind him with leather around his head

If only you could talk to him on this day
If only he had learnt, what would you say
If only you had known the language to show
Maybe your partnership would really grow

They show care, love and a great deal of drive
There are leaders and followers so herds can survive

They communicate easily through gesture not sound
They learn this as they grow, it's not really profound

Maybe it's you that needs to change
To learn more, your ways to rearrange
Because the horses already know their language for sure
They can do everything; you don't need show them more
You need to communicate what you want in their way
If only you could establish you are the alpha today
If only you could establish your leadership style
If it comes from love, it will stay for a while

Strength and confidence is what you need to show
Communicated clearly, if you want things to go
Repeated with patience for both you and the horse
So in harmony you both know what is happening of course

The steps are not easy but the start has begun
Once you stop blaming the horse and look what you've done
When you realize what you ask they can already do
Just not when you want it, when it conveniences you

They can trot and canter all day in the field
They can lower their heads and can certainly yield
They can do all the fancy footwork already, it's no task
It's just you don't know how to ask

So in that morning mist on the field, amongst the fern
You can change your life by understanding who is to learn
Pick up their language and with love and care
Use it to communicate where you want him to bare

It is his pleasure to show you he can play
And follow a confident leader all day
You have his attention and respect in some way
But you need to keep it as he may stray

You will be constantly tested as you are now
Part of the herd in the top spot, but somehow
He will try to show you he is the man
And take over when you let him, if he can

But the feeling of partnership is so beautifully felt
When it all works in harmony, your heart will melt
Your heart smiles so warm as you start to say
With Love, Language and Leadership you will save the day

Dream Big Enough

by Don Jessop

May 2003. It was cold and rainy. My white horse looked gray from the all the rain, and his legs were covered in mud. Each step was audible as we cantered along the west rail in the sandy arena. His neck was perfectly arched to avoid the large raindrops crashing against his face. My focus was down, just enjoying the whole scene. After all, it was my first time at the Parelli Center in Colorado and my first time riding in Arena Grande, located just below the Big Top.

I didn't mind the rain. My horse and I grew up in Montana, following trails in all the seasons, so I found it soothing and peaceful. Then something stole my focus. It was a voice from the edge of the arena calling out to me, a voice I had heard a time or two before while looking across the table during a busy lunch break between classes. I readily welcomed her into my head. It was Rachel.

Honestly, at this point it's hard to remember what she said. She was some ways away from me and covered from head to toe in rain gear. It didn't really matter what she said anyway. Something sparked in that moment. I knew something then I

didn't know before. Everything from that moment on became a blur.

My horsemanship education continued, my relationship with Rachel grew and—faster than you can say “Natural Horsemanship”—she was walking down the aisle toward me in the most beautiful wedding gown ever. There was no way to know I should expect to see my bride-to-be the first time I arrived at the Parelli Center, but I guess that's the way things go, right? *All I did was follow one dream.* I know that not everything works out the way you plan, but something magical happens when you put effort into something you love.



I'll never forget the first Parelli seminar I went to. I clearly remember Pat Parelli looking me square in the eye amid 2,500 people seated in the stadium in Ogden, Utah, and saying, "You can do anything you want. All you have to do is dream big enough!" I felt he was talking directly to me. I believed him. He continued: "The things you think are impossible are achievable, and I challenge you to write down any dreams you can think of that you might have thought to be impossible. Then, as you commit to your horsemanship, remember to come back from time to time and review those things you thought couldn't be done to see just what you are capable of." His message was compelling, and I took the challenge.

I quickly pulled out my ticket stub; it was the only thing I had to write on. There were about three square inches of room at the bottom of the ticket where I began jotting down things I didn't think were possible. For a moment I was inspired. I wrote down things like standing on my horse while he's moving and jumping without a bridle on the horse's head. Most of the things I wrote I knew *were* possible, because I had just watched some of the Parelli elite ride bareback and bridleless and even jump that way, but I didn't think they were possible for *me*. The one big dream I captured was becoming a Parelli Professional. I knew people who were professionals, but I didn't think I could do it. I didn't let any of that internal dialogue stop me from writing it down. I wanted to see if what Pat was saying was true.

I got a chill up my spine, and one of those uncontrollable smiles began forcing its way across my face.

After I wrote it all down, I made a commitment to my horsemanship and my education. I didn't have many resources, but I had resolve, and I found creative ways to engage in the Parelli program. Some time passed before I took another look at that ticket stub. I didn't consciously think too much about how to go about achieving those impossible things; I simply committed to growth. Then, two years later, I opened the center console in the cab of my truck and found something I hadn't laid eyes on for a long time. It piqued my curiosity. As I opened it up I recognized it was my ticket stub from that day two years before. I unfolded it to see what was on it. The ink had faded some, but I could clearly see everything I had written. I got a chill up my spine, and one of those uncontrollable smiles began forcing its way across my face. You know the kind of smile you get when you are struck by amazement and excitement and curiosity all at once? The kind of smile you couldn't hide

even if someone was looking and you tried to hold back?

As I read each little note, I began to realize that I had seen or done or was doing everything I had written on the ticket. Things I thought were impossible, things I thought I couldn't do. The things I thought weren't possible for me in my lifetime because of a busy life and a plethora of obstacles holding me back—including fear—had all been accomplished in less than two years.

The one big dream I had was to become a Parelli Professional. What I didn't know was that I would marry one, too. My life is such a blessing. Today my wife Rachel and I continue to dream big. In 2007 our daughter Shona was born. She's kind of cute, so if any young guys are reading, watch out! She is also completely hooked on horses. I guess it runs in the family! We don't even have to do anything, and she's looking out the window saying, "Look, Mommy, look, Daddy, horses, horses, horses!" In 2009 Rachel and I passed our Level 4 and purchased two magnificent dream horses. Our plan is to elevate these two young mares into the elite mare status of the Hanoverian Society this year, in preparation for even bigger aspirations. And we continue to dream still. Why not? Nobody told us not to. We face each day eagerly, excited to share our dreams with you and help you live *your* dreams with horses.

What does 2010 have in store for you? Are *you* dreaming big enough? Take a challenge today and write down all the things you think aren't possible for you and any dreams you have but are reserved about following. Allow it to permeate your thoughts; then resolve to become more than you are today. Keep the paper you captured your dreams on, check back in from time to time and keep moving forward. Anything is possible; all you have to do is dream big enough.

Live where nothing holds you back! 🐾

Don and Rachel invite you to visit their website at www.donandrachel.com for updates and special services dedicated for the Parelli students. God Bless!



Italian Insight

by Anita Leombruni

"Horses will run faster and jump higher out of heart and desire." —Pat Parelli

In their first two years English Thoroughbreds destined for the racetrack have to live a life in the frenetic human world, which decides the course of their lives in too short a time. It is in that critical phase, which is the most important to the mental and physical development of the horse, that complications should not take place. But what really happens is that the foals, a bit more than a week after their birth, are temporarily separated from the mares, which have to go breed. The foals have to experience weaning between five and six months of age. They are let free in big paddocks without the important presence of adults teaching them social rules that are important from an ethological point of view.

This continues until the foals are about eight months old, when they often have to face long journeys to reach the places

where they will be trained for sales and racing. Up to this point the human contacts have often been reduced to a minimum, except when the foals have to be checked by the vet, trimmed by the farrier or loaded on trailers. Those situations often become real fights that can traumatize and disgust horses as well as frustrate and exhaust humans. Moments of contact between horse and humans, which should be a rewarding part of a job at a stud farm, become nightmares. When the horses are eighteen months old they start the real training, which continues until their debut on the racetracks at the age of two.

In all those phases the horses meet a large number of people working in the equine industry whose love for their work and whose patience are not necessarily evident in the not-always-optimal working conditions. On the racetrack the young



Marco Autizzi, Matteo Santilli, Matteo Palenga, Rolando, and Giuseppe perform health inspections on the heard

horses will have to show their athletic strength. There their careers will be interrupted sooner or later, if they are not able to endure the stress to which they have been exposed since birth. As widely demonstrated by scientific research, the mental and emotional stress affects physical conditions negatively, compromising the horses' athletic value and consequently their economic value. In order to avoid all this, it is essential to have a competent staff handling the foals during the first two years. Staff expertise is more and more left to chance, with unavoidable consequences for the work's safety and quality and for the horses' welfare.

But finally things are starting to change. Far-sightedness and true passion, typical of the real professionals, have led workers to the Parelli program. Giuseppe Rosati, who owns a leading Italian stud farm, the Rosati-Colarieti Stud Farm, is achieving the goal of *"training the stud farm staff through the Parelli Program, teaching them to handle foals and yearlings and at the same time getting, as much as possible, the horses mentally and emotionally ready for their future competitive career."* And helping him is Rolando Heuberger, 3-Star Parelli Professional.

This joint work has huge potential not only for the horses' welfare and athletic improvement, but for the staff as well. It has become more and more difficult to find personnel in the last few years, because young workers turn over frequently. There may also be a lack of motivation, but learning how to handle young horses through the Parelli program can help workers to find motivation to perform their important role in the daily horse management while respecting horses' sensitive nature.

That's why, when Rolando invited me, I literally threw myself into the stud farm! This is an important sign of change for the better in the racehorse world, a sign that deserves to be documented.

Once I reached the stud farm I asked a worker, who was keeping an eye on tractors in the fields, for a parking place. Only later, when he started telling me the stud farm story, did I realized he was Giuseppe. His story began between 1950 and 1955, when his father, owner of a small farm, decided to buy his first mare. He was going to the racetrack to see his friends' horses race. Giuseppe acquired a passion for horses.. At the time he was a young man, carrying on his father's passion, increasing it little by little, and he turned a small stud farm into one of the most important facilities of its kind in Italy.



Rolando

Mr. Giuseppe, how did you plan the stud farm management over the years?

While the stud farm was growing, I started to travel through Ireland, England, France and the U.S. to understand how the race industry works at an international level, and I began to import management methods that at the time were used only abroad—from good fences to grass rotation and a conscious and targeted use of the horse walker. But most of all I was focused on feed management (in fact, we made an agreement with one of the most important feed companies in Europe) and on finding skilled personnel for the handling and training of young horses. At the beginning I brought personnel from Ireland. Lots of little improvements brought the stud farm into a leading position, achieving important results. But as in every

field, it is important to invest in those sectors that need to be improved. And one of those was the mental preparation of the horses, preparing them as much as possible for the competitive career.

What made you think it was so important to improve the horse mentally and emotionally?

The fact that while increasing the number of horses in the stud farm, we increased the number of the personnel who, I realized, were often unable to deal with such young delicate and untrained horses. I realized how self-defeating it was to work in those conditions. Accidents were happening to both humans and horses, caused by basic misunderstanding and lack of skill in handling horses.

How did you know about the Parelli program?

Well, independently from my breeding business, I knew it because of my wife, who loves horses herself. Being fond of ethology and curious about everything related to human and animal relationships, she asked me to take her to a Parelli course. Watching the course, my first impression was that every good horseman can do all those things, and I let it go. But over time, having trouble in finding skilled personnel, I realized that true horsemen are very rare! I understood that Pat Parelli has in some way rationalized and schematized all the horse-

men's knowledge gained from experience in the field or from innate capacity. So I thought it could be a good method for handling young horses as well as for educating the staff and teaching them to do the right things with foals and yearlings, thus avoiding mistakes that could compromise their future.

At the end, what convinced you to choose Rolando's expertise to educate your staff and horses?

Once I understood the potential of the Parelli program, I went to Birmingham, where I realized it was based on scientific concepts and on great competence. I noticed the attention to the psychology, Horsenality™ and individuality of every horse; such attention brings real, practical and extremely positive results! These were all features that I fully recognized in Rolando as a professional. I realized, despite the simplicity of the basic principles of the program, that Parelli professionals have a deep, detailed and wide knowledge of horses. I finally realized how easy it is to damage young horses if the personnel is unskilled in dealing with them. I am convinced that this is the right way!

What kind of goals do you and Rolando plan to reach together?

The goal is to educate the staff to work with the young horses and at the same time to educate horses mentally and



emotionally, as well as physically, thus preparing them both for their future athletic careers and to collaborate with humans. All that should take place during the time they spend with us here at the stud farm, which is around 11 to 12 months. In fact, they arrive here at the age of 6 to 8 months, just after weaning. I think that this kind of education will facilitate the trainer's future job. But most of all, horses will suffer less psychological and physical stress due to the pressure of the competitive career. Consequently they will suffer fewer injuries. Their general welfare will improve.

Do you think in the future that other professionals in the race industry will consider the mental side of the horse management using the Parelli program?

I think yes, it could be. This program gives tangible results, making horses easier to handle and consequently less vulnerable to injuries caused by uncontrollable reactions. This is a huge advantage for a stud farm's economic balance. In fact, to invest in horses' education and personnel's training will improve matters ethically, in preserving horses' welfare, and provide economic advantages to the stud farm. It should be the way to manage horses in every stage of life, ensuring durable welfare and athletic strength. Unfortunately, it will take time before there are enough skilled and up-to-date personnel. But I am sure that once the Parelli program's effectiveness is fully known, it will be adopted more widely in the race industry.

It's clear that a willingness to compare working methods and an open-minded attitude foster continued and progressive improvement. This joint work is a good example of how more and more professionals are adopting the Parelli program, which is helping the horse industry to become better for both humans and horses. 🐾



P1



Please do not sit in front of the emer



gency exit doors



Parelli Instructor James Roberts plays with 3-time British Open Champion Robert Whitaker's horse, Rooney, in the Parelli Zone during the British Open. Look for the whole story in our next issue.

Junior Savvy

Name That Game!

Hi Kids, draw a line from the name of the game to the correct definition. Ask your parents to help you.

Each question is worth 2 points. See if you can get all 18 points!

- | | |
|---------------------|--|
| 1) Friendly Game | A) teaches your horse to go under, over and through things |
| 2) Porcupine Game | B) teaches your horse to maintain gait and direction |
| 3) Driving Game | C) teaches your horse confidence and trust |
| 4) Yo-Yo Game | D) teaches your horse to come to you at liberty |
| 5) Circling Game | E) teaches your horse about rhythmic pressure |
| 6) Sideways Game | F) teaches your horse to move to the left and right |
| 7) Squeeze Game | G) teaches your horse to stay with you like you are his mother |
| 8) Stick-to-Me Game | H) teaches your horse to go away and come towards you |
| 9) Catching Game | I) teaches your horse about steady pressure |



Arbie (Right-Brain)



Elbie (Left-Brain)

Answers: 1) C; 2) I; 3) E; 4) H; 5) B; 6) F; 7) A; 8) G; 9) D

Is your horse Left-Brain or Right-Brain? Draw a picture of your horse here!

The actual sounds made by a newborn baby are about survival needs



...and is expressive of the mitochondrial states. Babies convey 5 such sounds (and more) about...

1. Sleep;
2. Body temperature (wet/hot-cold);
3. Hunger/thirst;
4. Digestion: upper gas; and,
5. Digestion: lower gas.

Even newborns can convey an awareness of what is happening in their bodies. Actually, babies give up trying to communicate because most do not listen to what they are saying.

"I felt so much more confident that I could meet his needs when he was communicating them to me. It empowers you to be the best parent you can be." —Catherine McNiel, mother of Asher – 5 weeks.

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The Parelli Center



Being “In The Dome” by Marie Chance

I know that if you are reading this, you are already a Savvy Club member and you have the heart and desire to improve your horsemanship. Those of us on this journey understand that there is a better way to attain what we desire and what our partners need. We want to be able to do what we see Pat and Linda and the Savvy Team do. We want that connection, that partnership. Recently I had the opportunity to go to Pagosa Springs for a four-week course. I had to save my vacation time from the previous year to apply to this year, and with the support of my husband (who stayed home to “hold down the fort”), I was able to make the journey. I guess you could say that was one way to “take the time it takes.” I had been to the Parelli Center twice before, most recently in the year 2000, when I was fortunate enough to spend two weeks with Linda in



a Level 2 course. Since that time I knew I wanted to return, and I finally did.

I must say that the experience was everything I expected it would be and more. They say that while you are there you experience something called “being in the dome.” And during your stay there are no phones, no newspapers and no TV. You are completely immersed in your own horsemanship, surrounded by others in the same experience, supported by extremely knowledgeable instructors, inspired by the likes of Pat, Linda and Walter Zettl and awed by the phenomenal environment. You are challenged to push the envelope and explore your relationship with your horse in a way that cannot be achieved anywhere else. You are able to discover your strengths and allowed to rise to solve the puzzles that are presented by the whole experience. If you are

Colorado



like me, working full-time and also having family obligations, you are finally given the opportunity to really “take the time it takes.” What a joy to be able to spend this time developing your horse and yourself. As you dwell in these surroundings, everything in the outside world fades away to your subconscious and you discover the truth in your horsemanship. This is the essence of being “in the dome.”

When you return home it takes some time to return to reality. What you find at that point is that what you learned and discovered during your time “in the dome” percolates to the surface. Your partnership with your horse is much improved because the base (the rapport) has grown significantly, so the respect, impulsion and flexion are better. Your friends will remark about how different you both look—softer, more in tune and looking much more like partners. We have all heard that going to Pagosa can be a life-changing experience. I had previously taken that comment with a grain of salt, chalking it up to

advertising hype. I can now say that I truly had a life-changing experience, as did many of my classmates. It was evident in the strides that were made in the relationships between the horses and their partners and in the tears that were shed as we left “the dome.” We had not only improved our horsemanship, but we had also forged lifelong friendships with others from all over the country and the world.

I would say that if you ever get the opportunity to go to a Parelli Center, do not hesitate. “Take the time it takes”; make whatever sacrifice is required. Give yourself and your horse the gift. You will be a changed person, and your horse will be the beneficiary. 🐾

*Go to parelli.com to check out courses for 2011
and book your transformation!
To see a list of 2010 course dates turn the page.*

2010 COURSES



Florida

2-Week Courses:

Horse Behavior and YOU	Feb 14-26
Level 2 BREAKTHRU	Mar 14-26, November 14-26
Confidence TRANSFORMATION	Apr 11-23
Savvy "FINESSE"	Nov 28-Dec. 10

4-Week Courses:

Fast-Track	Feb 1-26, Mar. 1-26, Mar 29-Apr. 23, Nov. 1-26
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Australia

2-Week Courses:

Level 2 BREAKTHRU	Mar 1-12
Savvy "FINESSE"	Mar 15-26
Horse Behavior and YOU	Oct 4-15
Confidence TRANSFORMATION	Oct 18-29



Colorado

2-Week Courses:

Horse Behavior and YOU	Jun 13-25
Level 2 BREAKTHRU	Jul 11-23
Confidence TRANSFORMATION	Aug 8-20
Savvy "FINESSE"	Aug 22-Sept 3

4-Week Courses:

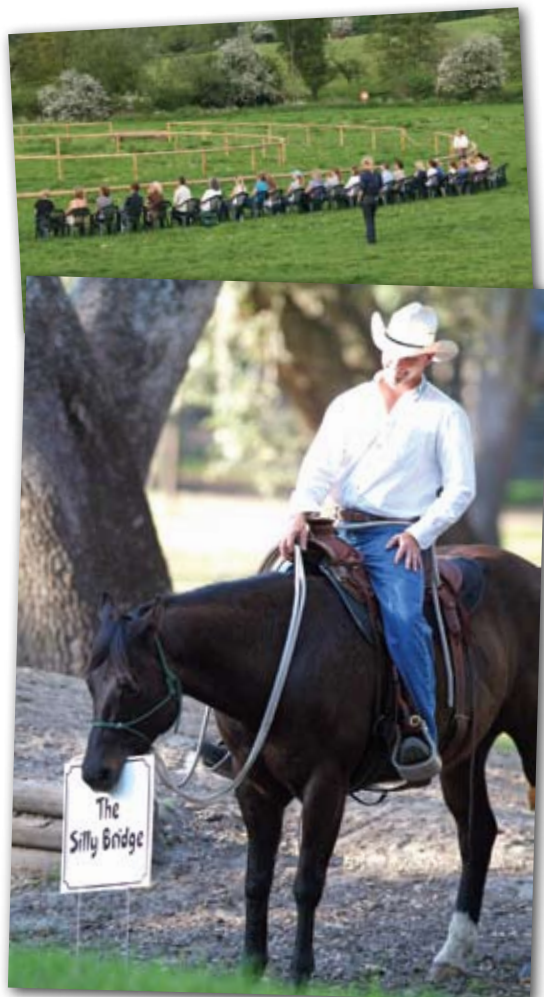
Fast-Track	May 31-Jun 25, Jun 28-Jul 23, Aug 2-27, Aug 30-Sept 24
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United Kingdom

2-Week Courses:

Horse Behavior and YOU	May 10-21
Level 2 BREAKTHRU	May 24-Jun 4, Jul 19-30
Confidence TRANSFORMATION	Jun 7-18
Savvy "FINESSE"	Jun 21-Jul 2, Aug 2-13



What People Are Saying...

I am on way back from two weeks at the Parelli Centre at Wilton in Australia. It was my first time at the Centre. I wanted to let you know what a wonderful job your team did at running the courses. They were very organised, genuinely interested in helping us and our horses and consistent in their messages. —Leonie S., NSW, Australia

We just completed two weeks of learning at the Colorado center. The courses we're well worth our time (and money) and we feel the relationship we have with our horses improved significantly during the course. Your entire setup is outstanding and your staff is excellent. We would like to especially thank Julia and Avery (our instructors) and compliment their teaching and horsemanship skills. —John and Reggie F.

"As I reflected back on my course over the weekend, I suddenly realised the power of learning with a group of likeminded people. The simplicity of Pat's program was so evident as it was delivered by our team of international instructors all speaking in one universal language of Love, Language, and Leadership. I will forever remember the 'power of neutral' and to 'expect a lot, accept a little, and reward often.'" —Tony Gooch, Warwickshire

by Norma Vela

A California “Field of Dreams”

Out in northern California there is a busy ten-acre boarding facility called Windhorse Ranch. Owned by Jim and Kathy Sparling, it reminds one of the quote: “If you build it, they will come.” Kathy Sparling is a quiet lady who doesn’t seek attention, so it took one of her young boarders, Tessa Ramsey, to shine a spotlight on Kathy.

Kathy and Jim didn’t go to Sebastopol, California, with plans of building a horse boarding facility. Kathy had recently retired and wanted some extra space, so they bought the property next door. Kathy had had horses as a kid in Oregon, but no formal horse training. When she looked at the land, she thought, “We can either grow grapes or have horses.” The universe delivered her answer. “Someone brought horses to my property and offered me a ride. When I got on, I couldn’t wipe the smile off my face. It’s like [without horses] I’d been sleepwalking for years.”

As she got reacquainted with horses and all of the changes in the technologies and products, she visited a friend who had just started to study Parelli. “I immediately got my own Levels

kits, audited and then participated in Parelli Professional David Lichman’s clinics. I had had a severe accident—I knew that I needed Parelli to be safe and comfortable with horses again.”

Kathy already had a natural ability, focused mostly on trail riding, but she felt that she was meant to do more. “I wondered what I could contribute to the world—what could I do to make this a better place? This is my small piece of that.”

Kathy admits she was naïve in her decision to board—she had cared for her own horses and figured an extra ten or twenty couldn’t be that different! She knew for certain that she didn’t want a training barn “with people jerking their horses around.” Describing herself as a “causative agent,” Kathy says, “I didn’t know who was going to come.” So just like with



horses, she decided to fix it up and wait. And just like in “Field of Dreams,” she says, “I built it, and they came.” Suddenly she was attracting Parelli people. “It was like a mini-Parelli Center experience. Committed people were inspiring and attracting other committed people. When you’re around like-minded people, it’s powerful.”

One girl came with no interest in Parelli, but it was close to her house. She had given her mare a hormone implant because she was “unmanageable”. Within two months she had passed Level 1; no more need for the hormones, and this girl has not stopped since. “They see what can be accomplished,” Kathy says. “They’re hooked by the results.”

“We speak pure Parelli here,” says Kathy. “Everything is natural, from building relationships first to building a stress-free an environment for horses. All of our horses are barefoot, and I support natural feeding.”

The girls and adults learn from one another, challenging one another but also reaching out to others with local demonstrations and appearances at the County Fair Equine Extravaganza. “We’ve been the top-slotted equine group for the County Fair Equine Extravaganza for the last five years and sometimes have up to 14 people with horses” demonstrating their Parelli principles in the rodeo arena, she adds. “People come up with tears in their eyes—they’ve never seen anything like it.”

When Windhorse took a group of riders to the Parelli Celebration in Reno, boarder Tessa Ramsey was in the audience.

“I saw a girl maybe my age with a small dog run into the arena at Liberty,” Tessa remembers. “She played tricks with her dog and played with her horse at the same time. That spot-

light was so graceful, and the girl looked like she was having fun. She earned a Level 6 ribbon. Later a big group came out with several horses for a FreeStyle Spotlight. My jaw literally dropped. I knew right then that I wanted to be a part of that.”

I get to see people succeed beyond their wildest dreams. I see young people growing up with values and emotional fitness that I don’t see anywhere else.

Tessa was already studying Parelli, drawn to the program by both boredom and fear. “I had over ten take-off and bolting accidents during four years. The hole under my tail was very tight, to say the least. I felt nauseated and sick whenever we drove to the barn. So grooming basically became what horses were for me. The more I tried to push, the closer I got to quitting horses.”

She saw Pat in June of 2007 at the Western States Horse Expo. “I bought my Level 1 pack without even owning a horse,” she recalls. By March 2008 Tessa passed Level 1 with Parelli Professional Julie Cross, and by December she had her Level 2. “But something was missing. I lacked imagination and inspiration, and I felt a little lost. Then in April a group in Sonoma County started the North Bay Savvy Players. I met Kathy there, and she invited me to board at Windhorse.” This was a big decision, because it meant a 46-mile drive for Tessa. But seeing Kathy’s riders at Reno clinched it, and after some begging, Tessa’s mom supported making the trip.

Tessa’s passion is duplicated throughout the barn. Windhorse riders were in the Savvy Spotlight last year, and Pat gave two



of the girls their green strings on the spot, saying that if he had seen Finesse riding, he'd be handing them black strings. The young lady who inspired Tessa with her "dog and pony show" was invited to be a Parelli Extern. Two riders have apprenticed with Parelli 5-Star Instructors Dave Ellis and David Lichman.

Kathy offers a video lending library and takes riders to clinics and different learning opportunities. "We do diverse things—from dressage shows to swimming with horses at the beach to helping with a cattle roundup (in rope halters) to team penning, which the girls do bareback and bridleless! It blows the cowboys' minds. I don't have a hostile environment to other methods, but we don't seem to attract those people."

When praised, Kathy insists, "I don't see this as glory for me, but a joy. I get to see people succeed beyond their wildest dreams. I see young people growing up with values and emotional fitness that I don't see anywhere else. Part of it is playing with horses, but the bigger part is the Parelli program." Kathy knows that the principles of the program affect more than horsemanship and reveals Parelli's secret: "Parelli is a program for humans disguised as a horse training program."

With Pat's vision of safety first, "Everybody watches out for everyone else. If we have a timid rider in the arena, everyone puts his or her horse On Line." Pat's reminders to become lateral thinkers inspire Kathy's riders. "They learn that there are lots of ways to accomplish the same task, that it's fun to observe, test and see what works with a particular Horsenality™ or personality."

Three riders, including Kathy, went to the Parelli Center last year, and you can spot two of the girls in the new Levels DVDs. Kathy was emphatic about her experience: "To have access to the depth of resource, to have that from Pat is such a huge gift. Going to the Center made this difference in empowerment with all of us. I had issues with riding the canter bareback—I don't see it as limitation anymore, but something I simply haven't accomplished yet."

Windhorse could also be described as "Mustang Central" to include Kathy's additional passion. Kathy is a BLM volunteer and, with the required six-foot fencing, regularly takes in "three strikes" mustangs (any mustang, eleven years or older, not adopted after presentation at three adoption events; these horses are regularly bought for slaughter). At one adoption event, Kathy says, "It was 117 degrees, no one was there." Kathy purchased a "three strikes" horse for \$10. The Windhorse girls helped with gentling and got the horse haltered, saddled and



manageable. Then they found this \$10 darling a new home and a good life.

The higher-level Windhorse riders work with many mustang project horses and therapeutic horses, slowly building each horse's confidence and trust. "Sometimes it's just reading a book with the horse in the paddock," Kathy says. They play with one another's horses to learn more, she explains, adding, "There's a lot of collaboration between the boarders," who range in age from ten to seventy. Kathy's posse includes about eight adults and over a dozen children.

What is Kathy dreaming of next? "Well, I'd love a covered arena, but I won't raise rates to build it. Besides, it forces us to think outside the box—it's raining, what do we do?" She says she'd love to see more barns like hers where riders can be safe and feel free to do, to learn, to grow. "Doing it in a vacuum is tough, but when riders come with an open mind and then see the other girls they can't help but be inspired to learn."

Tessa is proof. "Windhorse was the magic key of support," she explains. "I love Parelli and what the program offers. My goal two years ago was to regain my confidence. I've done this tenfold and gained a best friend in the process. It wouldn't be possible without the support of my parents, Kathy and the Savvy Club. Parelli has given me my life back. New dreams and goals have emerged (like dreaming of my very own Spotlight), and my life remains permanently imprinted by Parelli."

Kathy's story is proof of Pat Parelli's vision: one person with a dream can affect any number of lives—both horse and human. The boarders at Windhorse are truly grateful that Kathy had a dream . . . and built it. 🐾

*"I only use and recommend
professional grade because
horsemanship is my art."
—Pat Parelli*



I began making my own "natural" equipment in the early 1980s because most horse-training gear is designed for restraint and force rather than teaching. It promotes predatory, hard, quick hands—the opposite of what a sensitive prey animal needs.

All my ropes, reins, halters and sticks have been developed to improve the flow in your handling skills and communication with horses.

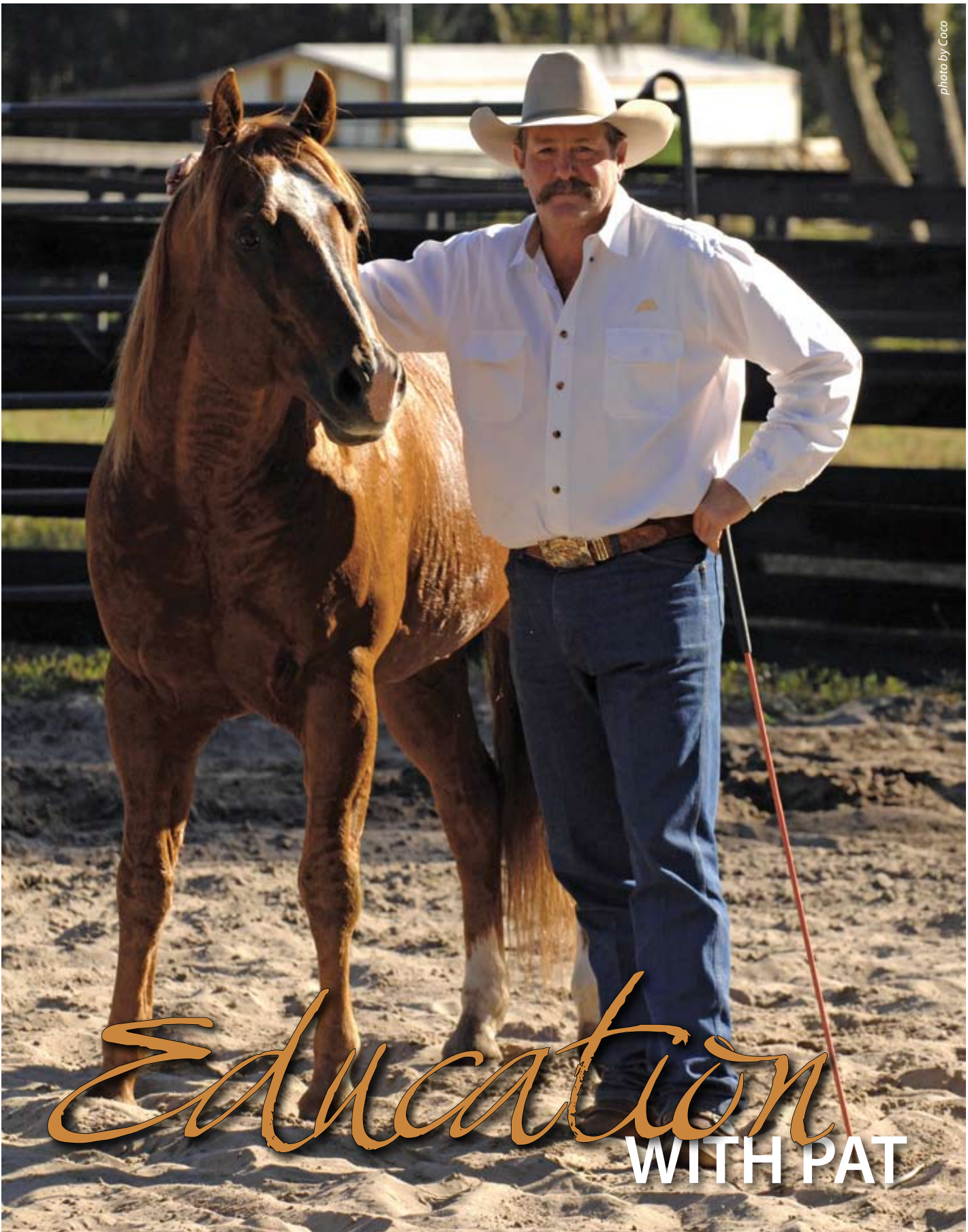
It all supports what I need to teach you about "feel": hands that close slowly and open quickly...it's the release that teaches and the drift that builds confidence.

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**Horseman's Halter • 12-foot Line • 22-foot Line • 45-foot Line • 6-foot String
Carrot Stick • Horseman's Reins • Finesse Reins • Cradle Bridle • Bareback Pad**

Professional Grade

photo by Coco

A man with a mustache, wearing a light-colored cowboy hat, a white long-sleeved button-down shirt, and blue jeans with a large gold belt buckle, stands in a sandy arena. He is holding a red lead rope in his left hand and has his right hand on the horse's neck. A brown horse stands next to him, facing left. The background shows a wooden fence and some trees under bright sunlight.

Education

WITH PAT

Principles, Purpose and Time

Lessons from the Mastery Program

by Sarah Espinoza-Sokal

Quick! What's Principle #8? I already gave you a hint.

If you answered, "Principles, purpose and time are the tools of teaching," well done!

If you didn't know there was a Principle #8—well, keep reading.

According to Pat Parelli, "The definition of professional is exceeding expectations, and there's only one thing better than professional—a Parelli Professional." In January 2009 Pat launched the Mastery Program to develop professionals that are well-rounded, top-notch communicators who also happen to be excellent with horses. To get more insight on how the Mastery Program exemplifies the eighth Principle in developing such professionals, I spoke with Intern Sarah Grimm.

Solid Principles

"In the Mastery Program," Sarah says, "you have endless opportunities to practice the Eight Principles, develop the Ten Qualities of a Horseman and apply the Seven Keys to Success on a daily basis." It's hard to practice, develop or apply anything that you don't already know, so Mastery Students are expected to commit these core principles of Parelli to memory before setting foot in Pat's barn. By the time a student qualifies for the Mastery Program, the basic tenets will have been learned



through the study of the horsemanship program, but there are always more layers to understand. “It begins to multiply and develop into a big puzzle for me,” Sarah says. “Seven Games, Five Zones and Four Savvys are just the beginning!”

The Parelli principles are much more than a guide to training your horse. Pat’s goal is to apply the Eight Principles to everything in his life—his horses, his family, his dogs, his students, etc. Mastery Students have a unique opportunity to immerse themselves in the world of “What would Pat want?” and “What would Pat do?” There is no better way to learn what all those Pat-isms and principles mean to the man who created, collated and shared them.

Real-Life Purpose

The more purpose you can give a horse, the more he’ll understand the principles you want him to understand. The Sideways Game makes more sense to him when you use it to open a gate. The Yo-Yo Game makes more sense if you back him into his stall. In the same way, math makes more sense to a child when you give her coins. This holds true for any teaching endeavor, including the development of Parelli Professionals, and the Mastery Program is nothing if not an opportunity to put your principles to purpose in a supportive environment.

Mastery Students spend their time in four different areas of study, known as the Four Business Savvys, and each provides its own form of purpose. The Four Business Savvys are:

- **Business Administration**
- **Teaching**
- **Facility Design, Maintenance and Management**
- **Horsemanship and Horse Development**

For example, Pat teaches that one of the responsibilities of a human is to have an independent seat and independent feet, an element of physical fitness. “Facility is definitely an excellent opportunity to practice your independent seat and balance,” Sarah says. “Like standing on the hay wagon to develop your balance point over rough terrain, or practicing your roll-backs in the Zero-Turn Mower.” Many of us struggle with the principles of Fluidity and our riding skills, but we also miss hundreds of opportunities in our everyday lives to improve them. “Whether you’re driving a tractor, using a weed-whacker or pushing a wheelbarrow,” Sarah adds, “there are good opportunities to work on your core strength and balance point or develop your feel.”

Sarah also talks about her experience in Business Administration as an excellent illustration of the closely related Principles Two and Three. What does it mean to make and teach no assumptions (Principle 2), or that communication is

two or more individuals sharing and understanding an idea (Principle 3)? Admin, which requires a great deal of effective and precise communication, will help you find out.

“As an Intern,” Sarah explains, “I wrote a manual for answering Audition e-mails, of which we receive quite a significant number every day. Working on the manual made it clear that the process is about rapport and Friendly Game, but it’s also about communicating effectively and with precision. Especially in an e-mail, so many things can be misunderstood.”

Experiencing fear and working through it involves the same principles and techniques we learn to employ with our horses when they lack confidence and that’s just part of it, really.

So much of good horsemanship is about developing communication skills. The foundation of communication a Mastery Student has developed from studying the Parelli Program through Level 4 will set them up for success with Admin. Admin, in turn, can offer a deeper understanding of the principles to take back to their horses. “It kind of surprised me,” Sarah reflects, “but Admin has helped me the most with my Finesse. Finesse is about being precise and particular, and Admin has taught me a lot about how to do that while maintaining rapport.”

Moving on to Teaching, Sarah talks about the deeper insight Teaching has given her into Horsenality™ and personality. “Presentations do not come easily to me,” Sarah admits, “but I practice and work at it every day. The really interesting thing is how the Horsenality™ model gives us strategies that apply to people, too.” Sarah tried a Right-Brain Introvert strategy of spending quiet time with her horse to calm her nerves but found that it didn’t help. “I continued to experiment,” Sarah adds. “For a Right-Brain Extrovert, doing really physical things like going for a run or turning up the music and dancing helps. It’s always a challenge, because my Horsenality™—or personality, I guess I should say—is different depending on the situation. In Admin I’m pretty Left-Brain Extrovert, but as a presenter I go totally right-brain.”

Responsibility number three of the Four Responsibilities for the human is to think like a horse before you think like a human. Engaging in self-improvement and stretching your comfort zone is a chance to gain understanding of a horse’s point of view. “Experiencing fear and working through it involves the same principles and techniques we learn to employ with our horses when they lack confidence,” Sarah relates, “and that’s just part of it, really. It’s a puzzle for

me to figure out my personality, because each Business Savvy brings out a different element.” Examining what builds your confidence when you feel most Right-Brain Introverted, or how to regain focus at your most Left-Brain Extroverted moments, can deepen your feel for the strategies to use with a horse in those quadrants and increase your ability to fulfill responsibility number three. It’s easier to think like a horse when you’ve had the experience of being in his shoes, of saying to yourself, “I bet this is what my horse feels like when . . .”

Take the Time It Takes

Sarah entered the Extern program in April 2009; by the time she leaves in 2010 she will have spent over a year on the Parelli Campuses, working in close proximity to Pat and his top protégés. “Spending time here just burns Pat’s principles into you,” Sarah says. “It gets them from your brain into your heart and soul. It’s that unconscious competence kind of thing where you don’t have to think about it anymore—you just know it.”

Spending an extended amount of time in the environment Pat created to nurture Parelli Professionals and protégés opens up a depth of understanding. For example, the last of a human’s four responsibilities is to use the natural power of focus. Initially a student might interpret that to mean “Look where you’re going!” Yes, that’s part of it, but it is by no means all that is encompassed in that statement. “A lesson with Pat is all about focus,” Sarah says. “That’s one thing I’ve definitely learned from him. I had no idea how many layers there were to focus. Focus is everything.”

Pat has incredible focus—on what he’s looking for in a horse as he plays with it, on where he’d like that horse to be a year from now, on his vision for the Mastery Program, on his vision for the horse world as a whole. “I certainly don’t have to have a lesson with him every day to see and understand the giant sense of focus Pat has—how huge it is and what he’s creating here. It’s amazing to be under that kind of umbrella and to be a part of Pat’s vision.”

Whether you’re addressing a horse, a dog, a child or a future Parelli Professional, principles, purpose and time are the tools of teaching. There may be no one who understands that better than Pat Parelli, and few better models of Principle #8 in action than the Mastery Program. 🐾

More information on the Eight Principles and the Eight Responsibilities of a Partnership is available in the Theory section of the Savvy Club Vault, or in Pat’s book, Natural Horse-Man-Ship.

Do you know all Eight Principles?

Test your Savvy by writing them down below.

1.

2.

3.

4.

5.

6.

7.

8.



I have to admit I was a bit skeptical that a bridle system could make a huge difference for me and my horse, but after long consideration, I finally decided to spend the money and buy a Cradle Bridle. I don't know why I waited so long! We've had two rides now in the Cradle, and what a difference! My Left-Brain Extrovert, Renegade, accepted the C3 bit easily and confidently, and during our rides he has been relaxed, soft, light and responsive. He was so responsive that I had to make sure my hands were also soft and quiet, and for the first time I was actually able to do a direct rein using just one finger. I felt like Pat Parelli! Previously my horse would pull on the reins, whether in a bridle or in the natural hackamore, and it was difficult to "be as dependable as a fence post." Many times he pulled the reins right out of my hands, and he often took quite a while to relax. In the Cradle Bridle Renegade started to relax quickly, lowering his head and "blowing out the butterflies," and we settled into some really nice trotting patterns.

The only regret I have is that I didn't buy the Cradle Bridle sooner.

The only regret I have is that I didn't buy the Cradle Bridle sooner. I could have spared my horse and myself a lot of miscommunication, and I should have known and trusted that Pat and Linda know what they are doing and have the best interests of Parelli students and their horses at heart. The products they develop and offer for sale are of the highest quality and are excellent tools for enhancing the communication between horses and their riders.

Thank you, Pat and Linda, for once again helping Renegade and me become better partners, and for your dedication to your students and their horses. The world is a better place for horses because of you!

—Kathy Craig and Renegade

For more information visit www.parelli.com

Cradle Bridle

Pat's Journey

Australia

In preparation for his upcoming trip to Australia this month, Pat answered a few questions about his experiences in the land down under.

What year did you first visit Australia?

1987. All told, I've made 35 trips to Australia.

What was that first trip like?

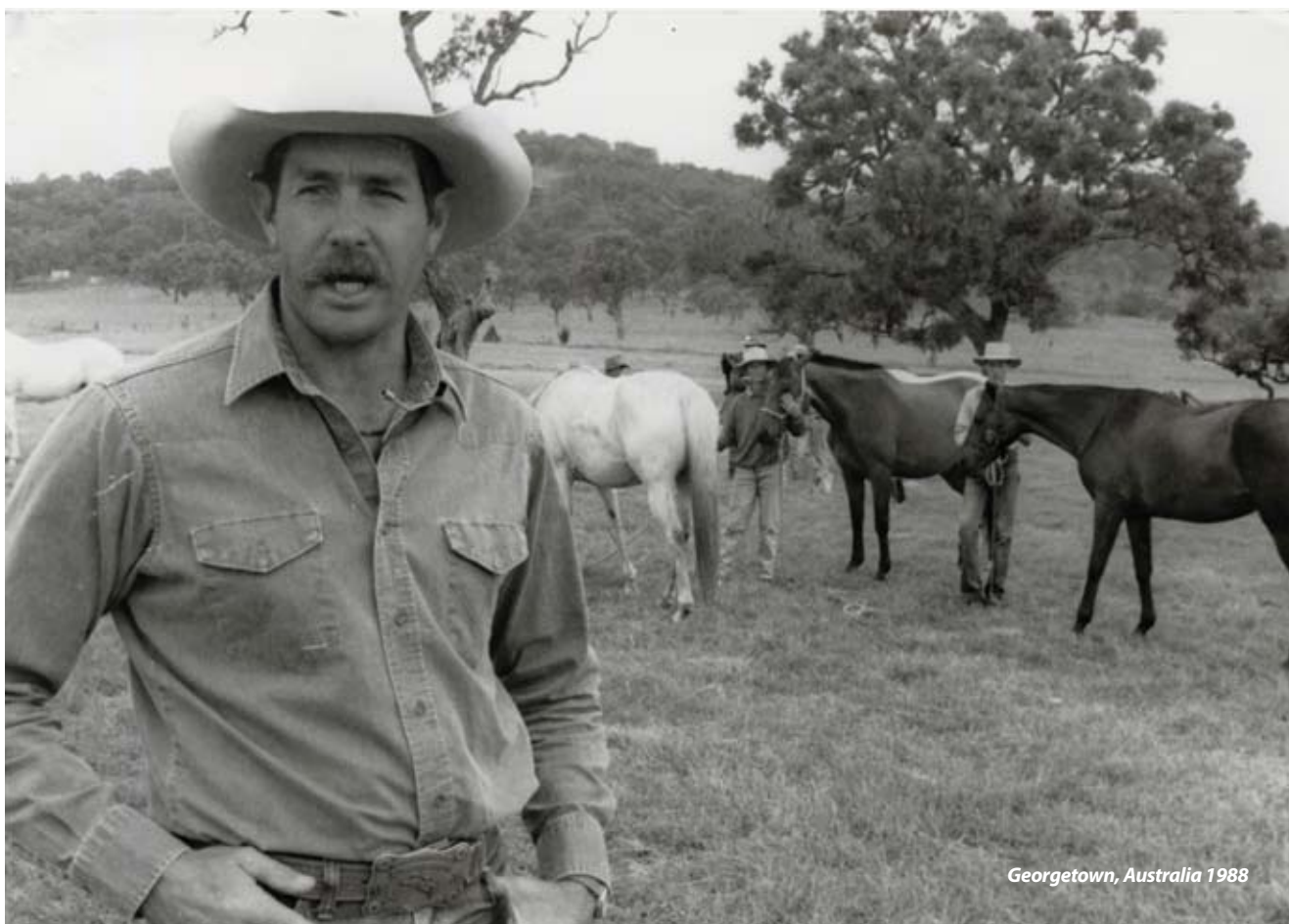
Well, Dr. Robert Miller, his family and my family rented a Hi-Ace van and drove from Brisbane all the way to Townsville and back, up the east coast of Australia. It was my first time driving on the other side of the road and my first time to see Australia, and of course, all the adventures that we had were great. Getting to meet the people and the culture—it was just a very exciting trip. We were there for 30 days, and we made \$100 profit between the three of us—Dr. Miller, Don Burke and myself—so we each made \$33.33.

What are some of the most remote places in Australia you've visited?

I've visited several remote places, but I would say probably some of the most remote are Georgetown, Normanton, Julia Creek and Blackall.

Did you face any particular challenges in your early trips to Australia?

The first challenge was "Who are these Yanks?" Dr. Miller was my senior and mentor, and he was well known throughout the world because of his work and his articles in *Western Horseman*. So a lot of people came to see him, and I would usually do something on trailer loading, a colt-starting demonstration



Georgetown, Australia 1988

or work with a problem horse from the area. After the first trip, though, it seemed the bush telegraph had gotten pretty active. On the second trip people were excited to see me come, and the clinics started filling up. Everywhere we went was very productive after that.

Can you share any funny moments or memories from you travels in Australia?

On that first trip, one of the funniest things that happened was during our search for some lunch as we were driving down from Townsville. Somebody told us about this crab shack that made really good crab sandwiches, and they said, “You can’t miss it. You just drive down the road a little ways and you’ll see it.” So we were hoping to eat within the next 20 or 30 minutes. Three and a half hours later we still hadn’t found it, and every time we’d stop to ask, people would say, “You can’t miss it! It’s just down the road.”

We finally got to this roundabout and asked about the crab shack *again*, and this guy there said, “You go to the right,” but he pointed to the left! Of course, on a roundabout in Australia you have to go left to go right, but we were watching his hand go to the left when he said to go right, and we got a big kick out of that.

Another funny thing that happened was we ran out of fuel up by Mackay. Dr. Miller’s wife and daughter, my wife, my kids—they were little then—and I stayed in the Hi-Ace van while Dr. Miller went to town. He hitchhiked about 20 miles into town, and when he got there he stumbled upon a Lion’s Club meeting. Well, Dr. Miller is a Lion, so they welcomed him and decided to have a big party because of this visitor from America.

I guess he couldn’t hurry them along, because we were waiting for him in the van until three o’clock in the morning! He finally did get back with five gallons of petrol, as the say, and there we all were sleeping in the Hi-Ace van out in the middle of nowhere.

What do you enjoy about Australian culture?

What I enjoy about the culture is that it’s still very rural—especially the places that I frequented. The cities are like any



other cities, but when you look at the whole population, I would say about 80 percent of Australia is still rural or semi-rural. Then you have a whole different thing and a different feeling. When you’re watching television, for example, you’ll see commercials for sheep dip and agricultural products. There’s still a big passion there for the rural lifestyle—that’s what I like.

It feels like Pat’s an Australian with an American accent, and we’d pop a tinny and have a barby in the backyard with him anytime.

Why are you excited to come back to Australia in May?

Well, I always feel really comfortable and welcome there. I remember when I really started to feel that—I had gotten to know Don Burke of *Burke’s Backyard* quite well and appeared on his television show over 20 times. After I’d been on the show for a while, someone commented to Don, “It feels like Pat’s an Australian with an American accent, and we’d pop a tinny and have a barby in the backyard with him anytime.” That made me realize that people were really accepting who I was and what my ideas were, that I was here to help and that I loved horses and loved the rural lifestyle just like they did.

After going to Australia so many times, it’s just great to see the familiar faces, and as soon as I get there I feel like I’ve only been gone a week. I’m always excited to go back and to keep that fire going. Plus, half my family is in Australia now, so Linda and I really enjoy going there to see them. 🐾

Peppy's Journey

Planning for Success by Pat Parelli

When it comes to planning and optimizing a horse's progress, it's important to remember that horses learn somewhere between four and ten times faster than humans. If you know what your goals are and stick to your principles, the horses get there really quickly. Smart, talented and eager individuals like Peppy demonstrate what quick learners horses can be, and the more you learn to play at their speed, the better things get.

Every time I play with Peppy, I check his foundation. He's past Level 4 now, so I just go through a few things to make sure that nothing's deteriorating. It could almost look as if I just saddle up and get on, but I don't. I don't drill things that he already knows *ad nauseam*. A lot of times I hardly do anything on the ground other than a little bit of warm up before putting the saddle on. Once he's mentally, emotionally and physically with me—which shouldn't take long with a Level 4+ horse—I know he's ready to go.

When I get in the saddle I usually do some performance skill drills with cattle or one of our cattle simulators. Then I end a training session with a little bit of soft Finesse, just to make sure it keeps progressing a little bit each day. I usually follow themes when I'm playing with my horses—we might be concentrating on relaxation through our turns, so we'd work with the cutting flag for two weeks. Or maybe he needs to follow the cow a bit better, and we'll spend a week or two following the roping steer. Again, Peppy's well past Level 4 and has a



photo by Coco

strong foundation, so I do more sport-specific things with him, but my goal is always to get a horse to where he can really *do* things. To me, that means if the horse is talented enough to go into a competition arena, he should also be functional enough to be in a working environment. I want all my horses—once they've got their foundation—to become highly functional first. Then, if the horse has talent, he can go into the competition arena. It's foundation before specialization taken to the next level.

Typically, my sessions with Peppy last 45 minutes to an hour. I just play with him, give him a little fitness work and ask him to do a couple things. I like to think of it as tapping the savvy into him, not trying to pound it in all in one day.

Leading up to a competition, I try to get more fundamental with things. I usually have a few things I want the horse to concentrate on, so I focus on getting them really solid. To do so, I slow everything down and try to get Peppy to relax more rather than trying to peak him out as many trainers do. If I am getting ready for a cutting, for example, I spend the week or so before giving him more fitness work—really going out and getting some miles on him at a trot and canter. Then I just practice his moves, slow and easy, either with some really slow cattle or with the simulators.

Horse development and horsemanship are not the same thing, but even so, you can take some of these ideas to heart as you develop yourself and your horse. First of all, make sure you don't turn the Seven Games into the Seven Jobs. You have to be provocative. A lot of people won't be able to keep up with the horse's learning pace yet, but most could benefit from working to be more progressive and provocative with the horse.

Of course, to be progressive, you've got to know where you're headed, what you need to practice and why. There are really only three reasons to play with a horse on the ground, for example. One is because you feel the horse in unsafe to ride. Two is because you want the practice—I've had plenty of practice! And three is because you want to teach the horse something and develop his ground skills to a higher level. With those three reasons in mind, my ground sessions with horses like Peppy are often two minutes or less.

When it comes to knowing what you need to practice, I have a blueprint for horse development that I ask all my Mastery Students to follow as they're playing with my horses. The blueprint is like a checklist, and it basically stays the same for each horse; you just have to make minor adjustment for Horsenality™. For developing

your horsemanship, the Levels program and the Assessment checklists are the blueprint. When I'm playing with a horse that is still working on his foundation, I just follow the checklist in my head for what Level 4 is. I look for what he can't do yet, and I play with that.

Finally, if you really want to stay progressive and optimize your time with your horse, I'd recommend taking the time to learn and understand the Eight Principles. The Eight Principles are the distillation of what Troy Henry taught me in the five years that I worked for him before he graduated to Horseman's Heaven, and they've kept me growing ever since. The rest of it is just physical stuff. When you really understand the Principles and know how to apply them, what you should be doing with the techniques we've shown you becomes self-evident. If you don't understand the Principles, you'll be a lost soul out there—just going through the motions—and your horse will be as lost as you are! 🐾



photo by Coco

Parelli Essentials

Before... After

Having had so many comments about how different my horse Allure looks these days, I thought it was about time to show the before and after transformation of his physical health.

The 'before' is from five years ago when I first got him. Notice that Allure's mane is coarse, dry and frizzy, and quite bleached out. His coat is an odd orangey-brown-red and he would bleach blond in the summer.

Some of you may also notice the bulge at his throat, this is an enlarged thyroid gland (goiter) and is a contributor to some of his extreme behavior.

The 'after' photo was taken at the 2007 Savvy Conference last September. As you can see his color has changed dramatically and the goiter is virtually gone. His coat is soft and shiny all year long (even winter) and his mane is almost straight.

When I first got Allure we didn't have Essentials. He was on vitamins, minerals and our feeding program. But when I started him on Essentials about 18 months later I saw changes within a week and every year he just looks and feels better and better. This summer he only had a few bleached hairs on his shoulders and tail instead of over his whole body, and his hormonal stability has also changed. This amazing formula of amino acids and herbs is alchemy at its finest. (By the way, Essentials was formulated by the same man who inspired my research on Horsenality.)

Essentials makes you realize that it's not about the nutrition... unless you can utilize those nutrients! Make sure your horse is able to digest the nutrients you're giving him. Learn about the Parelli feeding program by using the Savvy Club website search.

Essentials - way more than a supplement.

Late last spring we adopted a rescue horse we named Champ. Champ is a handsome Saddlebred who had been neglected and starved prior to being rescued. Coming as he did from such a horrible experience, he had a coarse, dry coat of a funny, washed-out orange color. His mane and tail were coarse, dry and brittle. His hooves were in really bad shape and, besides not having been trimmed very well, they had the telltale markings of an animal that was starving.

After we had his teeth floated and added Essentials to his grain mixture, Champ is like a new horse! His coat has turned a magnificent color of red and is soft to the touch. His mane and tail are also tame! The flaring of his hooves has stopped, and they are looking very healthy. We sometimes turn him out in the big arena at the barn where he is being boarded, and he loves to run and prance, tossing his head and kicking up his heels! He has beautiful feet and sometimes leaps in the air like a deer. At 16.2 he is so graceful; it is just amazing to watch him.

Champ and I cannot thank you enough for this product. He's a whole different horse in less than one year! —Jeri, Eddie and Champ



BEFORE:
Allure in 2003

AFTER:
Allure in 2007

Education WITH LINDA

Linda's Journey

The Game of Contact

*When you throw yourself onto the sacrificial altar of learning, you go through a period of difficulty... and then you make a breakthrough and discover something **huge**.*

In the November 2008 *Savvy Times* I told you of my tearful dinner with my dressage mentor, Walter Zettl, as he tried to find out why I seemed unhappy with my lesson earlier that day. I didn't know why I was unhappy, but I later discovered that it was because I felt mean to my horse! I quickly changed that by passing on the praise to my horse—every time Walter praised me (which was often!), I praised my horse. Simple yet profound. Because I was so focused on getting it right, I was not thinking about my horse.

This next learning breakthrough I want to tell you about is a little different. As you all know, Remmer has a Left-Brain Introvert Horsenality™, and unless I approach things properly with him, focus on the mental game and do whatever it takes to get and keep his interest, he uses as little energy as possible, and I end up working harder than he does! I have been impressed by his agreeable disposition during my dressage lessons and grateful for Walter's lovely approach based on his innate understanding of the needs of each Horsenality™. However, I've

realized that I'm still working harder than Remmer, and that needs to change!

If you've had the opportunity to watch one of my lessons, you've heard Walter briskly saying, "Come on! Come on! Come on!" to encourage more energy out of us. It always makes me smile, and of course, I ask Remmer for more, which he gives (somewhat reluctantly). But I feel I'm having to use far too much pressure with my legs to keep up the energy, and sometimes I feel I'm getting a cramp in my butt. All this pushing was starting to perplex me. I felt I was *making* Remmer do it, and not that he *wanted* to do it. I know the difference; it's not like that when I play with him on the ground or ride FreeStyle. Something was missing.

One of the most challenging things to do is to ride a horse with contact on the bit and have it be palatable for him (pardon the pun). I've watched thousands of horses and riders trying to do this, both naturally and normally, and most of the time the horse is stiff, defensive, behind or above the bit, not



Here, Quick is light in the hand, but not "through" in the contact. Note the hollow back, dropped belly and inactivity of the hind legs.



And now his tongue has come out too!

using his back, not forward enough, tense, etc. I didn't want it to be like that for me. Discovering the answer has become an important part of my study.

After every lesson with Walter I watch the video of it with him and go over the theory in more detail. I also get to ask a lot of questions. Walter's eye is sharp; he doesn't miss a thing. We would be watching the tape, and he'd point out all the details. "How did you see that?" I'd ask in astonishment. *"That's easy. I just watch the hind leg, and it tells me everything."* But how is that possible? In this instance, how did you know that my horse dropped the contact when all you were watching was the hind leg? *"Ahhh my dear, that's because contact is not just about the mouth. It's a circuit, and the hind leg is the power it carries. But if your horse drops the contact in his mouth, the hind leg loses power."* Wow. Huge. Now how do I do it? Often during a lesson Walter would say, "Keep the contact, keep the contact," but I didn't really know how to do that.

Here I was, frantically worrying about keeping the contact, driving my horse forward, getting cramps in my butt and yet still failing most of the time. And what about my horse's perspective? How did it feel for him? I think it was tolerable, but how was I going to get him to actually like it?

I often hear Pat's voice in my head saying, "How can you make it a game for your horse?" Well, I finally figured it out for riding with contact. I'm calling it "The Game of Contact." My breakthrough is that I finally realized what the game should

be. The game is for *my horse* to keep the contact. It's *his* responsibility! Here's how I think about it: *You take the contact, or I'll take it. When you take it, I'll give it.* Simple as that, although it takes a little skill to actually learn how to do it!

Remmer was forward, round and powerful, and it was his idea. My body was engaged, but my legs were not pushing. I finally felt what I knew I was vtrying to feel. Better yet, I knew how to get it

When I was writing Mastery Manual #12 on Posture for Finesse I needed to take photos to illustrate problems and solutions. I chose Martin (one of our great instructors) and a horse called Quick because I'd seen them riding around and doing some lovely things. The combo of a young man in jeans, an English horse (Selle Français) and an English saddle would be ideal so it wouldn't simply look like dressage. Finesse is not dressage, but dressage does involve the Savvy of Finesse.

When it came to taking the photos and I asked him to take a shorter rein to demonstrate what we wanted, he said he couldn't do that because Quick would stick his tongue out! Yikes! I asked him to show me, and sure enough, as soon as the reins got short enough, out came that tongue, whirling around in a display of extreme discomfort and confusion. He did not know how to do contact; all he felt was discomfort and restriction.



Here he is above and behind the bit. Not knowing what to do when he feels contact in his mouth he avoids the bit, loses forward drive and the energy goes crookedly through his body. His belly is dropped, topline is hollow, neck contracted.



Note the powerful reach of the hind leg, how his belly and back are up, he's round over the topline and reaching into the bit.

I tried coaching Martin through what was necessary, but it wasn't working, so I asked Martin if I could get on and teach the horse myself. As soon as I began to gently pick up the reins, Quick arched his back and snaked his neck and body in every direction except forward. He inverted his neck, shortened his steps and could not go forward properly—and I had “nothing” in my hands! He was doing whatever it took to avoid the contact. So here's what I did:

1. I shortened the reins slowly but deliberately. As I did, I brought my body up into a Finesse posture, hovering in my saddle and creating a space for his back to rise into, which it didn't.
2. When he couldn't go forward any more and stopped, I gently encouraged him to take a step forward by squeezing with my legs. If he couldn't, I turned him about 45 degrees, and the moment he tried to take a step forward, I dropped the reins as if they were hot. This happened about three more times. At no time did I try to push him faster, prevent him from slowing or stopping, or correct his crookedness with my legs. He was already uncomfortable and confused, so adding pressure or correction would just scare him. I waited while he experimented. I was waiting for him to figure out where the “door” was. I had it firmly in my mind that the open door was in the front, straight ahead, and I knew there could be a few ways in which he could explore that—by pushing his nose forward or driving forward with his hind leg, or by pushing his poll forward. I was ready to feel any one of those movements so I could quickly let him know if he was right.
3. Suddenly, there it was. I felt him drive with his hind leg; his back suddenly came up, and I dropped the reins as if they were hot. Interestingly, his neck was still inverted and contracted as if it were rubber, but up came his back!
4. It took three more of these for Quick to get it. He now knew what to do, and his confidence grew quickly. As I picked up the reins, instead of hollowing and evading, he powered forward with that hind leg, and his whole topline came round, all the way over his back and neck and delivered into my hand. The feeling was unbelievable; he went forward, straight and powerfully, with a super positive connection.

After I achieved this at the walk and the trot I got Martin back on him and coached him through the same thing. The whole exercise took less than 15 minutes, and these are the photos I took as I coached him through it. Hmm, how interesting!

Thinking, thinking, thinking...

A couple of days after that I was on a plane to England, but I couldn't stop thinking about what I had just achieved. I actu-

ally didn't know the piece of the puzzle I had discovered until months later. At that moment I had only understood what I needed to teach Quick: that the best response, when a rider picks up the contact, is to reach into it with trust and confidence rather than fear or avoid it. When I got back I actually helped some of the Mastery Program students with their contact problems, but I still didn't have it all worked out.

That's the game: If you don't take it, I will. But if you do, I'll give. Pretty soon the horse figures out his responsibility, and you're playing the game of contact together.

Fast forward to mid-February. I had just finished five days of lessons with Walter and been to Austria and back, and now Janice Dulak (friend, teacher and author of *Pilates for Dressage*) was here collaborating for three weeks. We went out to ride together, and I told her that I didn't want her to coach me on my posture yet, no disrespect intended. I said that I had just figured out something important to teach Remmer—the Game of Contact—and I felt that it was seriously important to solidify that before working on what she would teach me. For the next 30 minutes she casually observed something resembling paint drying. For the longest time I was picking up the reins, Remmer going slower than a snail, and looking as though absolutely nothing was happening! She trusted me enough to know this must be important, even if it didn't look like anything, and I trusted her enough to continue experimenting in her presence.

About thirty minutes later Remmer got it. He arched his topline, took the contact and powered up with that hind leg. It was the most *amazing* feeling. I couldn't believe it. I had never felt anything like that from Remmer before (nor from any horse, actually), and as I rode up to Janice she said, “Wow! I want you to teach my horse that!” Remmer was forward, round and powerful, and it was his idea. My body was engaged, but my legs were not pushing. I finally felt what I knew I was trying to feel. Better yet, I knew how to get it again.

So each day we played with our horses together. While I did days 2, 3, 4, etc., of the Game of Contact with Remmer, Janice played with her horse Ruby on the ground and increased his confidence and trust. Then I would ride Ruby and teach him the Game of Contact. Interestingly, he got it faster than Remmer, but he needed a different approach. He would get strong and slightly above the bit when I picked up the reins, so the Suspension Rein was actually more effective. Remmer would get slower and behind the bit, so in order to keep the contact I had to draw my elbows back, all the while knowing that I was

keeping or following his mouth and not pulling. There's a huge difference. I think I get what Walter was trying to tell me when he said, "Keep the contact!" I just didn't know how to do it without pulling.

Each day that I played with this, Remmer got it more quickly, and on the third day he surged into the contact the first time I picked up the reins. Then it became more consistent. I would say the first day he kept the contact about 5% of the time. The second day he had it 70% of the time. The third day it was 90%. Each day after that was 80% or better, and when he didn't have it, it was my fault. In fact, on one of the last days I was wondering why it wasn't working as well as usual, and finally I figured out that it was because I wasn't doing the right thing. Hmmm, how interesting! Instead of playing the game, I was trying to give him the contact; but you cannot "give" it until he "takes" it. That's the game: *If you don't take it, I will. But if you do, I'll give.* Pretty soon the horse figures out his responsibility, and you're playing the game of contact together. The horse becomes mentally involved, not just physically. For the first time ever I felt Remmer was enjoying the contact, and it was way more than I thought it should be. Hmmm . . . how *INTERESTING!*

How to do it

Since discovering the Game of Contact I have experimented with (oops, I mean "taught") a bunch of horses and riders with amazing and consistent results. I believe that I now know how to teach the rider what he or she is trying to teach the horse when it comes to contact, and the horse finally knows what he is supposed to do with it.

Here's how to play the Game of Contact:

1. Pick up concentrated reins slowly and evenly, with confidence and feeling.
2. No matter what your horse does, be steady and consistent. Don't correct him if he slows down or goes crooked; just wait.
3. If he comes behind the bit, follow his mouth (don't pull, just follow); but if he goes above it, take one hand straight upward and forward in a Suspension Rein position, keeping your other hand level.
4. If he stops, ask him to go forward once he has stopped, and if he can't, turn him. The moment he tries to

take a step forward or in the turn, drop the reins as if they are hot. Walk for several steps and then pick up the reins again. Do this as often as necessary until when you pick up the reins your horse's response is to go forward rather than slow or stop. This is the teaching phase.

5. The first few times he gives the desired response, release the reins. This will reinforce that he's doing the right thing.
6. Next, instead of releasing the reins, simply hold them, but use your triceps in order to do this. This is the muscle running down the back of your arm, and when you exert it but keep a bend in your elbow, the feeling is structured yet giving. When you use your biceps the feeling is more of a pull. Practice this with a friend. Link fingers and pull with your biceps, then push with your triceps—but without moving your arms. The difference is amazing.
7. Refine the technique. To keep the contact, slowly draw back your arms using your biceps. To give when your horse takes up the contact, push with your triceps but keep your elbows by your side. A good way to feel this (courtesy of Janice Dulak) is to pull down the backs of your armpits at the same time.
8. Remember: Don't move your hands! When your horse starts looking for the contact, he needs to find a quiet, steady, giving hand, which will occur if you use your triceps to hold your arms in place. If you move your hands around, he will not trust them and will have trouble going into the contact due to his stiffening his neck and jaw, coming behind the contact or getting a busy mouth.



It's important to know that this will take time to develop. You are teaching your horse, so you need a lot of patience; and because this may be new for you, you need to be even more forgiving during the process. This is not about force; it's about discovery. Take your time and be gentle on yourself as a learner, too. Your horse will appreciate it.

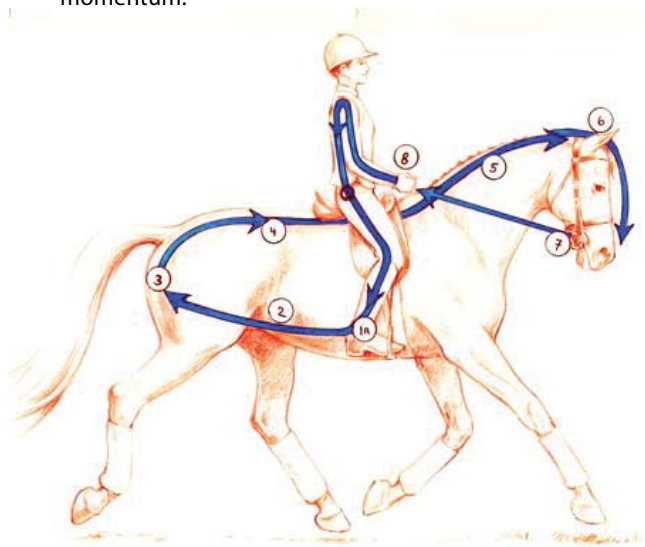
What level is this?

This is a Level 4+ concept. Having discovered the difference it makes for the horse, I would want to know how to do it properly from the first time I asked a horse to ride with contact. Having said that, I know how technically difficult this is! My goal is to make it simple enough for students to learn and be successful with as they begin to ride with contact. So you can be sure you'll see more on this in Savvy Club DVD lessons.

How to know if contact is right or wrong

When it's wrong, it feels like this:

- Horse avoids contact with the bit, going above it (inverting) or behind it (over-bending).
- He leans on you, flips his head or chomps the bit, opens his mouth, sticks out his tongue, etc.
- His weight is on the forehand.
- His back is hollow or neutral.
- He slows down or speeds up.
- His steps change length, get shorter.
- His steps change rhythm, get faster.
- His hind leg takes a shorter step than his front legs.
- You have to push with your legs to maintain forward momentum.



From "Dressage in Harmony" by Walter Zettl. Artist: Sandy Rabinowitz

- You have to pull to keep him from going so fast.
- You have to pull to get him to collect.
- You keep moving your hands.

When it's right, it feels like this:

- Horse goes positively into the contact, as if he's reaching for connection with you.
- His mouth is closed and quiet; his mind is with you.
- Your hands are steady and giving as you hold because you use your triceps rather than your biceps.
- There is no pulling; there's a positive contact determined by how much the horse wants or needs.
- His weight is on the hindquarters.
- His belly is tight, and his back is rounded, pushing up into your seat.
- His gait is rhythmic, powerful and steady.
- His steps get longer and more beautiful.
- His steps don't change rhythm.
- His hind leg reaches deep and takes a step the length of which is equal to the step his front legs take.
- You don't have to push with your legs to maintain forward momentum.
- You don't have to pull to get him to collect; in fact, you can make micro-movements with your knuckles and simply crunch your abs in strategic ways to increase collection.
- Your hands are quiet.
- The more collected you get, the shorter the reins. You can ride with contact on a long, medium or short frame according to the horse's stage of development.

About "lightness"

Contact may not feel light in your hands compared to what you think "lightness" might mean. There is a positive and consistent contact that your horse needs in order to be round, connected and powerful, and sometimes this connection from the bit to your hand may feel quite strong—certainly that is when Remmer is the happiest! As long as you are not pulling or straightening your elbows and letting your horse lean, don't worry too much. You might need to do some transitions, shortening or lengthening in order for your horse to get lighter in his responsiveness, but lighter in the reins is not necessarily the goal. Sometimes when your horse is light in your hand he's actually avoiding the contact, and his back is hollow. Think about lightness as harmony rather than a light touch on the reins.

Contact is about way more than the bit

I remember many discussions with myself and my mentors about contact, and I now realize I was thinking only about the feel in my hands. But as I begin to understand the concept I now can feel the difference. Walter Zettl has a super diagram that he uses to explain it (reproduced here with permission), and I can actually say that I feel exactly that, the whole connection.

So contact is about the hind leg activity and the horse's back carrying you as well as the feel in your hands. Maybe it's clearer to say it this way: If you *don't* have the forwardness, if you *don't* have the hind leg activity, if the back is *not* round, if you *don't* have a positive connection from the horse to your hand, then you *don't* have contact, because it is all of these things. When one part drops, the rest does, too. 🐾

I just had to share a remarkable experience today that I had with Sprint, my-21-year old Arab. I have been able to help this horse overcome lots of things, especially if the stars were in the right alignment and the ants were in formation. Then his Finesse was great! Today however I found the quickest way to relaxation with contact ever in all gaits! The lesson that you gave is the strategy I used and it was remarkable to say the least. Tomorrow I will go for it again and, if I experience the same thing again, what a breakthrough it will have been. -Carol Coppinger

My thought on this technique is "holy cow...what feel you must have to find it!" It is so slight and making sure you aren't pulling and that you are holding and to know the difference between her 'barging forward, trying to root, and then finding the thoughtful feel of forward' is a huge lesson in feel! I think Faith is appreciating this new technique and I certainly am too! I will keep you posted on how we continue...I know Faith can do amazing things I just have to figure out how to help her! Thanks Linda! -Susan Nelson

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photo by Coco

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Coming to Terms With Fear

How a Knock to the Head Changed My Way of Thinking

by Fran Latane

Here is a deeply personal letter from a dedicated Parelli student. A competent and skillful rider, Fran shares how one incident devastated her confidence and how she got it back.

As you read the story I hope you think about how important preserving your own confidence is, and that in every situation you must try to do the savvy thing—to set it up for success, be over-prepared and listen to that little voice in your head if it says “I shouldn’t be doing this” or “I should get off.” Better yet, act on it. Right now. Sometimes doing what you know is harder than learning what to do, but to enjoy your horse for the rest of your life, it’s critical. —Linda Parelli

In my horsemanship journey I’ve known little fear. I’m a young adult (age 19), and frequently I’m viewed as fearless because of my age. I went through that phase in my life when my horse and I could jump any jump and gallop wildly across the countryside without a care in the world. Sure, I got some bumps and bruises along the way, but my journey as a whole has been a confident one. So what I experienced after one day last summer was totally foreign to me.

On August 7, 2009, I was involved in a serious incident with a mare I was playing with. I misread some extreme behavior and wound up in the emergency room being treated for a laceration to my scalp as well as moderate brain concussion, the result of being struck in the head. I speak of this lightly and directly because this is not the point of the story—this is merely what started one of the most terrifying—but also one of the most meaningful and educational—experiences for me as a Parelli student and aspiring Parelli professional. Part of my journey since then has been dedicated to understanding what went wrong in that moment with that horse, and how to avoid incidents like that in the future.

When it was suggested that I write about this experience I got really excited, but I was quickly discouraged by how difficult it’s been for me to find the words to describe what happened. I’m not great at verbal inspiration, so this little piece has been a learning experience for me on a new level—not only coming to terms with my own fear and overcoming it for me, but also learning to use it to inspire and empower other people.

I didn’t know I was afraid at first. I co-manage a private, all-natural boarding facility with fourteen horses, teach

riding lessons and train full-time, as well as spending time developing my own horses in Level 4 and hosting events with Parelli professionals. The week following the accident was a busy one, and though I was hindered some by the concussion, I continued my routine more or less normally. I felt tired and nauseous every now and then but continued to teach and to play with my horses, and I even took a three-hour private lesson with my instructor.

What I didn’t realize, while I was in that frame of mind, was that I was creating even larger thresholds in my subconscious, and that I was adding fuel to my fear.

It wasn’t until about a week later, in one particular session with my mare, Prin, that I began to understand what was happening. We were playing On Line, and she reared in one particularly animated playful maneuver. I should have been stimulated to respond playfully (Prin and I play like this often), but instead I went into an emotional tizzy. My adrenaline came up in a way I’d never experienced. I was angry and nauseous at the same time. My anger flared. I wanted to kill my horse. I had never experienced such a burst of predatory attitude and emotion. Despite that, I came to my senses pretty quickly, calmed myself down as best I could, put my horse back in her paddock and left.

Once I got home, the meaning of what had happened with my horse began to sink in. Fear is an unfamiliar state of mind for me, so even in the moment I’m not sure I recognized what happened as my body tried to save me from my horse. Upon

recognizing it, though, I almost immediately sank into a deep depression. During that phase I hit a wall of self-doubt. My thought process was rapid. “I’m scared to death! I don’t know *anything!*” I thought to myself. “This is not the journey I signed up for! I liked my life without fear! Why didn’t I see what was going to happen before what happened happened? Why didn’t I have enough savvy to say ‘no’ to playing with the horse that started this? Why was I arrogant enough to think I could handle her? Why was I stupid enough not to ask questions first? Why? Why? Why?” It took me an hour to talk myself out of every dream I had ever had.

Usually when I hit a bad state of mind, my best form of therapy is to just go be with my horse. So the next day I decided that’s what I would do. Again, ignoring my thresholds and my nausea, I walked out of the house and drove to the barn. However, my horse (who usually meets me at the gate) knew better. She saw my car coming and ran in the opposite direction. Keep in mind that this horse is an introvert—she does not usually *run* for anything! That hit me like a knife in the gut. Something very serious was happening. My entire journey was falling apart!

My next step was external chaos. I’m a bit of a progress-aholic, and so stopping to embrace and learn from my fear never really occurred to me. But because I’m a progress-aholic, I tend to seek help quickly when I can’t make progress on my own. I knew I needed help on this one. So in the midst of my meltdown I sent an email to one of my mentors. I told her everything. I poured my heart and soul, fear, tears and emotions into that email. Surely she could help me!

You can imagine how dumbfounded I was the next day when the “1 Unread Message” in my inbox was a short, direct, matter-of-fact email that essentially said “Slow down!”

What? Of course! I think that’s when I finally realized the extent of the emotional damage I had suffered from this accident. I had spent a week bulldozing onward, all in the name of not allowing the accident to affect me. What I didn’t realize, while I was in that frame of mind, was that I was creating even larger thresholds in my subconscious, and that I was adding fuel to my fear. My subconscious didn’t trust my conscious being anymore!

I vowed after reading that email that I was going to slow down, take however long it took and observe every micro-



scopic threshold that came up. And not just for my benefit, but for my students as well, some of who have some pretty serious fears that I couldn’t previously relate to.

It was not easy at first. I hadn’t had a clue that my body had been trying to warn me not to play with a horse, even before I got to my horse. I had previously thought the nausea I felt was a result of the concussion. I realized it came about only at the thought of doing anything with my horses. I spent several hours one day playing approach and retreat with the idea of walking out my front door and getting in my car. I spent another several hours playing with the idea of driving to the barn.

It took me *three days* to make it back to the barn without fear. That wasn’t even to my horses. It took me another day of

sitting at the far end of the pasture, with three cross-fences separating me from my herd, to be able to feel confident to walk out in the six-acre space with my horses.

Finally one day about a week later, my mare left the herd and came over to me. I felt no apprehension or worry as she approached me. It was huge. In that moment I recognized that she had run from me that day not out of fear but out of compassion. She had known I was afraid before I did, and I think she knew where my thresholds were, too.

For the next three hours she stuck to me like glue. We grazed together, I told her everything that was in my head and she just stayed with me. She showed me that she likes clover the best of the grass choices, and that she could scratch my back for me while I scratched hers. It felt therapeutic to be with her again, goals and timelines aside, and to feel my confidence come flooding back into me. It was a remarkable, healing experience. It caused me to appreciate what a partner Prin was, how much she understood what was going on, and really feel her willingness to take the time it took for *me*!

From that day onward I got a little confidence back every time I was with my horse because I understood what I needed to do. Slowly but surely, as it returned, Prin would push my thresholds just enough so that I'd move forward, but not so much that I'd become fearful again.

Now, over six months later, I'm pretty much back to where I was with my confidence—probably even beyond that in some ways. I look back on the experience now and try to reflect on what I've learned for your benefit. First of all, I've learned that fear is a very real thing, and it's nothing to be ashamed of. That was the greatest lesson I had to get, coming from my previously "fearless" persona. Second, I learned to accept that there is a process to the journey of overcoming fear. I've realized that sometimes you have to trust your subconscious and allow yourself to be where you are in the journey. Third, I've learned to love slowing down. I am an extrovert, and the hardest thing for me in all areas of horsemanship has been to drop my timeline. This experience really solidified the need to do so. I've learned to trust and understand my horses' responses when I'm not sure. They know when we're afraid, often before we do. I was fortunate to have a partner with whom I had developed a deep connection. I'm deeply appreciative of her, and I've learned to examine and consider her insight on a new level.

Finally, I've gained a super-appreciation for those of you who have gone through this on a bigger scale than I have. Though I could previously sympathize, I never truly got it. Now I do, and I appreciate the struggle and the desire to get through it. I give you my undying support and a solid belief that this is something that can change, and that you can do it, too! 🐾



Saddle Savvy

Something we always LOVE to see is results. This is the horse that we featured in the February issue of Savvy Times, and when Marian sent in her letter and photo to report Noble's improvements we had to share.

When caring for and developing your horse, there are mental, emotional and physical aspects. While we tend to deal with the mental and emotional/relationship issues first, there is a time when the physical also needs to be. For some horses it's earlier than others, especially if physical issues are causing mental and emotional stress for the horse.

Dear Letitia and Linda,

I guess I do not mind seeing Noble as the "poster baby" for the severely atrophied back. If his picture will help others see what could be wrong with their horses, then it is worth it. When I first saw his picture in Letitia's lineup of how to shim different-backed horses, I got physically sick. I was very unprepared! I see him every day, he has always had this type of back, but he enjoyed going out for extensive trail rides with a buddy.

It was Julie Cross who encouraged me to go to Tina Giordano's saddle fitting clinic at the Atwood Ranch in May 2009. I learned a lot at that clinic and did not realize how poorly his back looked, but after some pointed questions from other clinic participants I wished that I had not brought him. I do care for my horse and try to do the best for him. After that clinic I didn't use my saddle on him. I took the advice of Tina and Letitia, read the article about hill therapy and did as it instructed. I was only able to complete about four weeks of the therapy, due to one mishap or another. I just could not afford a Parelli saddle, but I did research the saddle and tried it out when I went Parelli events.

It was not until June 2009 that I decided to sell my saddles to try to get the deposit for this saddle (since I was not using them anyway). On the afternoon when I was cleaning them up to take to the consignment store, my daughter came home from work and asked what I was doing. I told her, and she asked how much the deposit was. She was quiet for a few minutes before saying, "I'll give you the money for the deposit." I was speechless! It was soon after that I sent the paperwork to Parelli

Saddles. It was not until October 2009 that I received it. I could not wait to try it out! Noble moved out freely and was not so rushed when he trotted. It was really wonderful to not have the behavior problems I had before.

In November 2009 Julie hosted a Healthy Strides clinic with Jim Crew at our barn. I helped coordinate this clinic, so instead of watching and learning, I assisted Jim and the participants by walking out their horses as Jim evaluated them. I paid to have my horse evaluated, but I had the others go first because I could wait until the next day. When it was my turn I watched and learned what Jim had to say about my guy. It was interesting! His left hip was lower than his right. When a wedge was placed under that hoof Noble started licking and chewing and made a big sigh. Julie had his lead rope and said that his eye became very relaxed-looking. His rear pasterns moved too much in comparison to the front pasterns; therefore, they needed support to improve that and to improve his impulsion and "hunter's bump". In January 2010 Noble had shoes put on according to Jim's evaluation. It has been six weeks. I am noticing some very slight changes to the way his mane falls, but he has not used his topline properly for years, and as a result is very sore along his withers and back. Again, I am not riding him, but I am working on strengthening his back with exercises—short in duration.

I have attached a picture of Noble. He has gained about a hundred pounds, and I feel that he has improved in his topline.

Thank you,

Marian T., Santa Rosa, CA



Level with Me

by Linda Parelli

Setting goals such as learning particular skills and tasks is important for never-ending self-improvement.

The Levels Pathway has hundreds of tasks for you to learn to do. They are organized into Four Savvys and Four Levels of expertise. In this section we will focus on some specific tasks from the Self-Assessment checklist, which can be found on the Savvy Club website: www.parellisavvyclub.com.

FREESTYLE LEVEL 2:

Open a Gate

Description

Teaching your horse to be confident while you open a gate when riding is not only good for building a partnership, it's also very useful!

You should be able to ride up to the gate, go sideways up to it, unlatch the gate, maneuver it forward or backward as you open it, keep your hand on the gate, swivel your horse around the end and close it.

Note: Pat has a super tip for handling gates when your horse is too tall or not yet confident enough to be close enough to keep your hand on it: He leaves a Savvy String tail on each gate near the latch!

Purpose

The task of opening gate actually puts purpose to three of your Seven Games.

#1—Friendly Game: because your horse needs to be confident and not afraid of it.

#6—Sideways Game: so you can sidle up to the gate.

#7—Squeeze Game: because you have to squeeze around it, disengage the hindquarters and wait.

Level of Quality

At first your horse may be a little worried about doing this, so it's a good idea to do the savvy thing and prepare him in every way possible. Here are some ideas for you.

1. Do it on the ground. Send him sideways to the gate and, using approach and retreat, get him to where he can stand with Zone 3 touching it and feel calm.
2. Play with the latch while he's next to it so he becomes accustomed to and not alarmed by the sound.
3. Send him around the gate as you move it, then ask him to go sideways to it on the other side once you have closed it . . . and stand relaxed.

4. Break the riding task down into chunks.

- a. Think about which way your horse has to face according to how the gate opens. Usually you would face the latch and push the gate away from you.

- b. Sideways to and from the gate, repeat until he wants to stand still next to the gate.

- c. Rub the gate, pet it! This gives a nice feeling from you to your horse.

- d. Play with the latch until it doesn't bother him; retreat and re-approach as necessary.

- e. Open the gate, move it toward and away from your horse and close it several times without actually going through it or moving your horse's feet.

- f. Open the gate and move through it. Try to keep your hand on it.

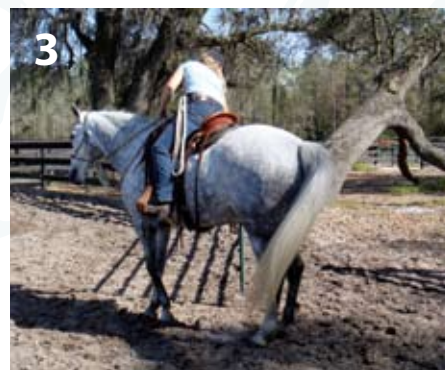
- g. Pivot around the end of the gate, keeping your hand on the gate (or using the Savvy String/gate string trick).

- h. Close the gate by asking your horse to go sideways toward it as you move it away from him. Sometimes you can even push the gate with your foot, but be sure you teach your horse to be confident enough to do it with your hand.

Remember to retreat and reapproach any time your horse has trouble. Don't force him to do it or work through his fear; it's up to you to make it feel safe for him. Also, know that you can spread this over several sessions, if necessary.

Level

This is a Level 2+ task. At a higher level you can even teach your horse to push the gate closed with his nose! Left-Brain horses find this easy. A Right-Brain horse will find it easier to push the gate with his rump.



1. Friendly Game with the gate. Hold the string and the gate, push it away from you. The string helps you keep hold of the gate and give your horse some drift or more room if he feels claustrophobic at any time.
2. Keep hold of the gate as you come through it.
3. Pivot around the end of it, moving the horse's hind-quarters as in disengagement.
4. Push the gate back the other way.
5. Close it and then pet the gate for a little bit, making sure your horse is calm before you leave it.

Right: Teach your horse to push the gate closed with her nose!

Below: Teaching your horse to push the gate closed with Zone 5 is a great confidence builder!



LIBERTY LEVEL 3: Single Spin At Liberty

Description

As your horse is circling in the round corral, you ask him to make a full 360-degree turn and continue in the same direction. As the skills improve, the horse will turn around and resume the same gait. The circle gets smaller, and as it gets faster it becomes a spin.

Purpose

Teaching a horse to spin at Liberty is an advanced performance maneuver and is valuable in developing a horse's athletic potential, teaching him to do on the ground what you might want him to be able to do when ridden one day. For you, it's about developing high-level skills.

Level of Quality

Once your horse is solid in being able to change directions at walk, trot and canter (preferably with a flying change, although not essential), he'll be ready to learn to do a 360 rather than a 180.

Timing is important: as your horse makes the change of direction, you simply influence Zone 1 to turn him all the way around (away from you) and head back in the direction he was going. It's best to teach this at the walk or trot, keeping it slow.

At first it may be a rather large loop, but as your horse starts to understand the pattern, the loop will get smaller. As confidence grows and you begin to be able to ask at the canter, the horse will put effort into making the full turn and in as little space as necessary.

It's important not to hurry the horse through the turn. Once he's made the turn you can speed him up, but if you put more pressure on during the turn you'll scare him.

Level

The Spin at Liberty is a Level 4+ endeavor. By this time your communication is clearer, your horse is confident in you and all the preparations are in place. At first you may find yourself having to move out of the center to help your horse understand, but one day you'll be moving your feet very little and the communication will have become quite refined.



photos by Coco

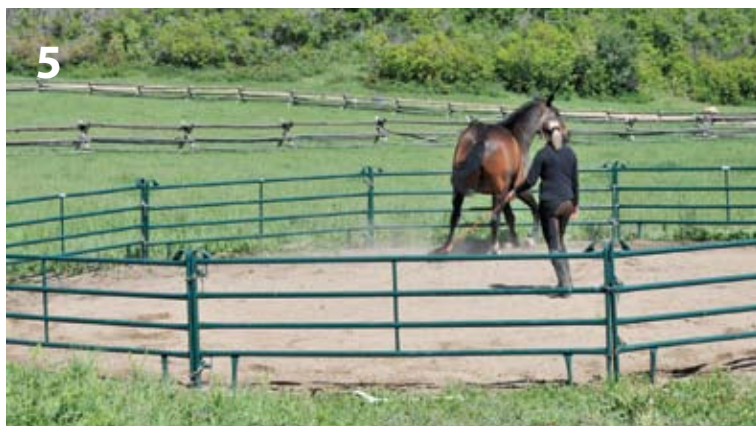
1) As Remmer begins to change direction, I push towards Zone 1, keeping my stick in my left hand (rather than changing it for a change of direction).

2) He already notices this and is thinking about turning all the way around.

3) I gently support the idea, directing the energy towards Zone 1.



4) Even though the string is all the way out, I'm not hurrying him. Leave your horse alone during the spin or you'll worry him.



5) I try to stay in the center and not move my feet, seeing that he knows exactly what to do.



6) It would be at this point, when he has completed the spin, that I would touch the ground behind him if I wanted him to learn to spin faster. He would put more effort into 'leaving' and get through the spin faster as a result.



7) Back to neutral: Leave him alone to continue on the circle.

My Parelli adventure began...

...when I realized I had more young horse than I had information or skills to handle. I began taking clinics and practicing with friends. I am learning the art of communicating with horses in a mutually respectful manner, building leadership through partnership and patience. I am also learning to observe horse body language so I can understand what they are communicating—joy, exuberance, frustration and eagerness. I learned what to do with this new information. I have been an animal lover my whole life, and as a child I wanted to be like Dr. Doolittle. I think this might be as close as it gets.



The Parelli program has made our everyday horse experiences more enjoyable and safer. Our horses have great manners. We have friends who bring their children here for their earliest horse experiences because they know our horses are calm and safe. My daughter is safer not only with our horses but with other horses.

The presentation you created for my husband was one of the most touching gifts I have ever received. It captures so much for me in the pictures and the certificates. Some who see it will see photos, certificates and mementos beautifully matted and framed. Others who know me will see love, joy, tears, fun, sweat, laughter and bonding. They know who I am inside. All this from a man who has built a home to ensure the safety and comfort of my four-legged friends. And even though he will tell you he is not a horse guy, with your help he was able to show me he understands and appreciates the desires of my heart.

A special thank you to Marc Rea, and thank you again, Ginny Sue. This presentation is more beautiful than diamonds or gold—a true gift of the heart. —Patty Roll

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I Got . . . No Rhythm by Norma Vela

A while ago I was lucky enough to ride in a demonstration given by Parelli 5-Star Instructor David Lichman. One of the exercises he had us try made me realize something about myself that is, frankly, hard to admit: I have a lousy sense of rhythm.

The exercise in the demo seemed simple enough. He played different cuts of music, and we riders had to adjust our rhythm and the horse's rhythm to match the beat as we performed walk, trot or canter. David explained the exercise to the audience, announcing our progress over the speakers: "Jerry's got it. Good job there, Ann. Norma hasn't quite got it yet . . . keep trying . . . um, not yet. Let's try another beat. Hang in there, Norma, not quite . . . nope . . . well, you'll get it eventually." Or not. Clearly, I was rhythm-challenged. I got the chance to talk to him recently, along with a gal who also knows something about music and horses: singer-songwriter Mary Ann Kennedy. I asked them both for help in learning to use music in my horsemanship.

Using music when you play with horses accomplishes two things. "First, it's very hard to tell in the void of silence if your

horse is speeding up or slowing down. Music gives you a frame of reference. Second, it creates a joyful sense of connectivity. There is no dancing without music. If you want to dance with your horse—and I do—you need music. Plus, music lifts your spirits."

Mary Ann agreed. "Music is a part of every major ceremony around the world," she said. "Why? Because it sets the stage for emotions. Music is the language of the heart. Why not let music help us set the stage for sharing successful time with our horses? What is success? A partnership that revolves around love, respect and trust—and both participants having *fun*. Doesn't get any better than that."

David has a favorite expression, borrowed from Australian guitar wizard Tommy Emmanuel: "If there ain't no groove, the body can't move." "Everybody has a different groove," says



David. "Some of us are two-step songs, some R&B or even symphonic; it's a personal thing." I wondered if perhaps I am atonal, syncopated dissonance.

Music helps direct and focus your energy, but also it gets people out of their heads and into their hearts and bodies

"Music is all about the energy," says Mary Ann. "You allow the music and the energy of the music to become a part of

you, and you become congruent with it." Okay, see, that's my problem: becoming congruent with it.

I needed specifics, a how-to as basic as the alphabet. They suggested that I start with a song that has a strong beat—a beat so clear that no one (even me) could miss it. James Brown's "Living in America" was a good choice, and I could hear why. So I stood in my living room, feeling mildly ridiculous, and clapped to the beat. Once I felt confident with clapping, I started walking. Then I marched, feeling more ridiculous, but also starting to get it, and-one-and-two-and. As James Brown sang, I stepped; first in single time, then half-time (every

other beat), then double-time (twice per beat). Marching, stepping, clapping and occasionally breaking into actual dance, when the giddiness took over, I took my new-found rhythm to the barn.

"Music helps direct and focus your energy," says Mary Ann, "but also it gets people out of their heads and into their hearts and bodies. Horses know—they feel your energy. They are the most psychic beings I know. If you're thinking, 'Okay, we're gonna do it,' chances are you're going to be tight and directive. Whereas when you allow that music to take your energy over and become inspired, it changes your energy so that your horse is freed up. Your horse feels that you're open, that you're relaxed, that you're out of your head. Yes, the rhythm of the ride has to be there as well, but it's the dance. Focusing on the music will get you out of your head so that you're reflexive instead of directive."

To check your rhythm with your horse, start on the ground On Line with the Yo-Yo Game from Zone 3. If you can, have the music playing through speakers rather than earbuds (there's research being done as to whether horses align themselves to the music). As you Yo-Yo, focus on speeding your horse up and slowing down easily, with nothing more than a suggestion. Watch the front feet and make your adjustments soon enough to keep him at the right tempo. Watch one foot and aim for that foot to land on the beat.



Expand your repertoire to include a variety of songs that massage the tempo up or down a little bit. Use your horsemanship to increase or slow the tempo. Once you get horse synchronized, it's time to synchronize yourself. This can be done at the walk or trot, and it sensitizes you to where the beats are. You'll begin to tune in to when the horse shifts off the beat; soon you'll make the correction right away (do less sooner).

Do all this before you ride.

Tempo brings a specific energy. But you know, your horse could become your teacher—your horse is the perfect drummer. When you're in the saddle you can find the rhythm of the post at the trot, can't you?

If you're not as rhythm-challenged as I am, you can get fancy: Once you're in the saddle, let your horse walk at his natural rhythm. Pick one foot and count the number of steps on that foot in 15 seconds; multiply by 4 to determine beats per minute, and then find a song to match that tempo. It might be easiest to have a ground person count while you find a gait that's easy for your horse at walk, trot and canter. Then create a little horsemanship challenge and ask yourself: How subtle can I be when trying to keep him in sync with the beat? In the process you'll find yourself giggling, because it's joyful when you, the horse and the music come together while you're riding.

But if you're like me and don't have confidence in your sense of rhythm, Mary Ann is encouraging: "You have to learn a little bit about finding the tempo and practicing it. Tempo brings a specific energy. But you know, your horse could become your teacher—your horse is the perfect drummer. When you're in the saddle you can find the rhythm of the post at the trot, can't you? There's your tempo. Find that first, then find a song that matches that tempo to build your natural ability to find the rhythm."

What music you choose is an entirely personal decision; whatever makes you feel the pulse and makes you feel joyful about that pulse. It's all about the feeling. I learned that a canter song has a rolling 6/8 or 12/8 rhythm—sets of triplets—like "The Way You Make Me Feel" by Michael Jackson or Michael McDonald's "Minute by Minute." These songs have a cantering feel.

Mary Ann just puts on one of her favorite songs. "Whatever makes me feel good—sometimes even a little melancholy. It

changes what I feel I want to do on my horse. I move to ride in a different way. Of course, if you're determined to work on your trot, put on 'Long Neck Bottle' by Garth Brooks and work on your energy. If your horse is a little behind the beat, move up. Or if he's rushing, get your energy to match that song's energy. Get an energetic walk—music can really help with that. Mostly I like to put my music on shuffle, and whatever song comes up will give me an idea about what to do. It's a way to be creative. I ask myself, 'What does this song feel like? What does this music make me want to do?'"

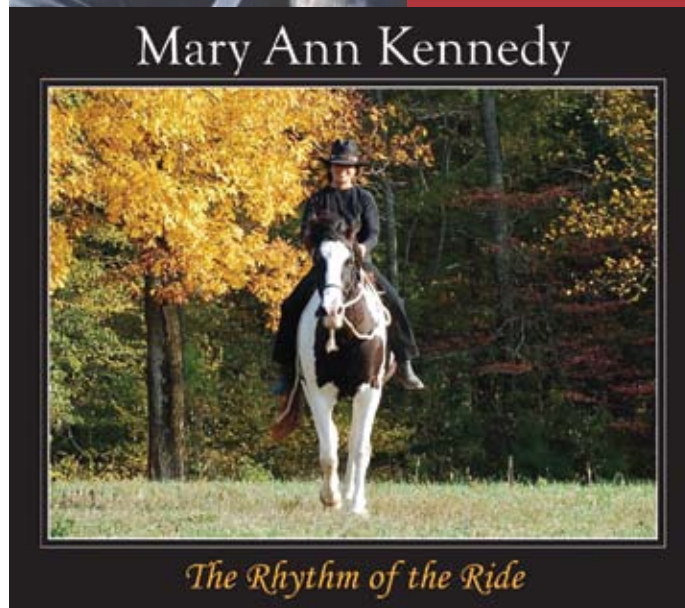
So pick the music to support the work or let the music direct and inspire what you want to play with, but get a song in your heart and put your heart in your hand next time you're with your horses!

Note: Have you noticed how frequently Pat and Linda use music for their demonstrations? Sometimes the songs are topical and carry a message. Other times they're funny, but most often they convey a rhythm or feeling or words that are about what they want to express with and through the horse. 🐾



Left: Singer and Songwriter, Mary Ann Kennedy

Below: Mary Ann Kennedy's CD "The Rhythm of the Ride" is available from her website maryannkennedy.com



Breakthroughs

An Interview with Linda Parelli by Christine Massinger

We are all in this natural horsemanship journey together. Some of us have been on our journeys for several years, others of us only for several months. Regardless of where you are in your particular journey, you have undoubtedly had some light-bulb moments that have made you a better horseman.

These breakthroughs change the course of our journeys forever.

In my four-year study of Parelli I have had several of these moments from which my relationship with my horse has grown incredibly strong. The first came early in my journey, while attending a six-week course at the Parelli Campus in Ocala, FL. My horse, who is a Left-Brain Introvert, becomes environmentally a Right-Brain Extrovert. We had just arrived at the Parelli Campus, and she was extremely unconfident in her new surroundings. I was a Level 1 student at the time and did not have enough arrows in my quiver to address this new horse that showed up. So I decided to put her in a round corral and let her run around to get her energy out. There she was, galloping around and around and whinnying frantically to every

horse she saw, desperately looking for a leader (because she did not see me as a leader); and there I was, thinking that this was normal. John Baar, a faculty member for Parelli (now the head of faculty) approached me and in a very calm and professional matter asked me a simple question: "Christine, how are you serving your relationship with your horse by having her run around in this corral?" I looked over again at my horse, who was still galloping frantically in the corral, and in that moment I equated her to a child who was running uncontrollably in a shopping mall, racing in and out of the stores as her parent sat idly by. I was struck by this one question that John had asked. You mean I have a responsibility here? Just like that parent in a



shopping mall, I could not pretend that everything was okay when my “kid” was acting up. My action or inaction would directly affect my horse’s behavior. It was up to me to be her leader in all situations. I had to become the leader she needed and deserved.

My next big breakthrough came a short while later while I was studying Level 2. I had been attempting to play at Liberty with my horse, and it was proving to be difficult, because at times she would leave me and not want to come back to me. I was familiar with the Catching Game and knew how it was played, but I did not realize how important the Catching Game was to Liberty. As a Left-Brain Introvert, my horse is dominant, and she would test me on occasion by walking away and not coming back to me. When I began to consistently use the Catching Game and apply it even if she slightly shifted her weight away from me, she began to respect me as her leader. The result was that she stayed more bonded with me than ever.

As a student of Parelli you are bound to have these light-bulb moments that make your horsemanship change for the better forever. After all, we are students, and we study under master horsemen like Linda and Pat Parelli. But what about Pat and Linda? Do they have such breakthroughs? And if so, what did they learn in those moments that brought them to where they are today? I had the opportunity to ask Linda about her breakthroughs and how they have led her to becoming the master horseman she is today.

Just when you feel really stuck or you don’t understand something, there’s a moment coming that is going to turn everything around—a big “aha” moment.

What was your first breakthrough moment?

It was at the very first clinic I went to with Pat. My horse was terrified, and yet I had thought he was just disobedient. That was a mental breakthrough for me. The physical breakthrough came when I was able to stop him from running with neutral lateral flexion in a halter. At that time I wasn’t able to stop him in a bit!

How did that moment change the course of your horsemanship journey forever?

I saw horses in a completely different light. I finally understood things from their perspective and, being prey animals,



how differently they think than we do. I became more understanding, less judgmental, calmer, more confident and more effective in my communication and leadership.

As you have progressed in your levels, what have you noticed about your breakthroughs as they relate to each level of study?

Usually the biggest breakthroughs happen when things seem to be going the worst! Just when you feel really stuck or you don’t understand something, there’s a moment coming that is going to turn everything around—a big “aha” moment. Pat would always say something like “The darkest hour is before the dawn,” and after a few of those, I started to see the pattern and not worry about the dark moments.

What has been your most recent breakthrough, and how do you think your horsemanship journey will be positively affected by it?

I’ve actually written about it in this issue! It’s discovering the Game of Contact. I’d been feeling perplexed about not getting the contact right when riding in my dressage lessons, and all of a sudden I realized that it was because my horse didn’t get it. If I looked at things from his perspective, I saw how confusing it must be, so I decided to figure out how to make it a game for Remmer. I hope you read the story of my latest breakthrough! 🐾

Nothing to Brace Against

by Kristi Smith, 3-Star Parelli Professional

As a Parelli instructor I have the great advantage of getting to play with and learn from many great horses. An individual that I will always recall as one of the most extreme and interesting horses I've played with is an Arabian that I met in Dubai in 2008 when I went there to fill in for a student so she could come to the Parelli Center for a course. It was my privilege to play with several horses during my six weeks in Dubai, including Arabians, Andalusians and a Friesian. But this Arabian by the name of Ansata came to teach me big lessons about chauvinism and the power of lateral thinking.

Ansata is a retired show horse. He is a Left-Brain Extrovert with an intense need to protect his dignity. During our first play sessions he struck out at me and charged at me with his teeth bared. My first response was to get big and defend my personal space. However, the harder I tried to find an effective Phase 4, the more effort he put into fighting with me. He was more horse than I had ever played with before, and quite honestly, I was feeling overwhelmed. I had never played with a horse with so much fight in him. It was really scary.

I didn't know what else to try, so I called for reinforcements.

I emailed Linda, described to her what was happening and asked for help. Her response was not at all what I had expected. She told me to feed him treats! This horse wanted to eat me, and Linda Parelli was telling me to give him cookies! To me this initially seemed like the opposite of what I should do. I expected her to tell me that I just hadn't found an effective Phase 4 yet. But I trust Pat and Linda, and if they say I should give him treats, that is what I will do.

It was pretty humorous to see the reactions of the trainers at the stables when I told them how I was going to help Ansata.

There were even a few who wanted to keep me from trying this approach. Ansata was on an unwritten memo that said he should never be given treats because of his desire to bite you. But I didn't have any other strategies, and I couldn't imagine things getting any worse with him. So I purchased some carrots (because it is impossible to find horse treats in Dubai). And every time Ansata came at me with his teeth bared, I gave him a carrot. It took about a week, and then he changed. He started finding it difficult to dislike me so much when I was filling him full of carrots. His expression softened, and we could play together. I now had permission to make requests of him, and we could progress with our relationship. He was a pleasure to play with after that.

What I learned was that Ansata had decided that people were unpleasant and "made" him perform, which affected his dignity. I didn't think that I was "making," but to him I was the same as every other predator that hadn't considered his opinion of them or their requests. He had made a decision to



never allow anyone to violate him that way again. As is true in what Parelli teaches about putting the relationship first, I could not really ask him to do anything or help him until I got him to like me.

I don't believe that anyone had intentionally tried to violate this horse. However, I had a chauvinistic belief that because I was doing Parelli he would feel differently about me.

It takes two for there to be a brace. I simply tried to make it difficult for him to brace against me by giving him nothing to brace against. My goal switched from trying to educate him to trying to improve the quality of his life. I feel that the best thing I did for Ansata was to reinstate his faith in the human race. We really aren't as bad as we smell, and I am thankful for my experience with this horse. My understanding of "make" has been expanded; I feel that I now truly know the difference.

I firmly believe in my heart that all horse enthusiasts are doing the best that they can with what they know how to do. I don't believe that anyone had intentionally tried to violate this horse. However, I had a chauvinistic belief that because I was

doing Parelli he would feel differently about me. He didn't care how much I knew until he knew how much I cared. Thank you, Ansata, for this valuable lesson. I am a better person for having met you. 🐾

Kristi Smith is a 3-Star Parelli Professional based in the Midwest. She invites you to check out her website at www.parelliprofessional-kristismith.com for information on how you can spend time with her.

From Linda

Even though Ansata is Left Brain-Extrovert, I chose to advise Kristi to use the treats—not to motivate him, but to do the unexpected. His aggression toward people was dangerous, and he needed to be surprised in a good way. Kristi's persistence was important because a behavior that ingrained is not going to change in a couple of days—unless you're Pat Parelli! Once again, "it's not about the treat." It was about this horse feeling the love and believing that he was important, not his performance.

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Ralf Heil, Germany
Don Jessop, USA
Lee Palmer, USA
Ryan Rose, USA
Kelly Sigler, USA
Kristi Smith, USA
Teri Sprague, USA

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Ashlynn Dale, Canada
Pat Moses, USA
Sigrid Ritland, Norway

Level 4 FreeStyle

Mickey Beddingfield, USA
Michelle Blake-Lackey, USA
Ashlynn Dale, Canada
Katrina Suckling, New Zealand
Anne Timewell, Australia

Level 4 Liberty

Michelle Blake-Lackey, USA

Level 4 Finesse

Michelle Blake-Lackey, USA
Lyla Cansfield, UK

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Chris Brady, Ireland
Edie Brogan, USA

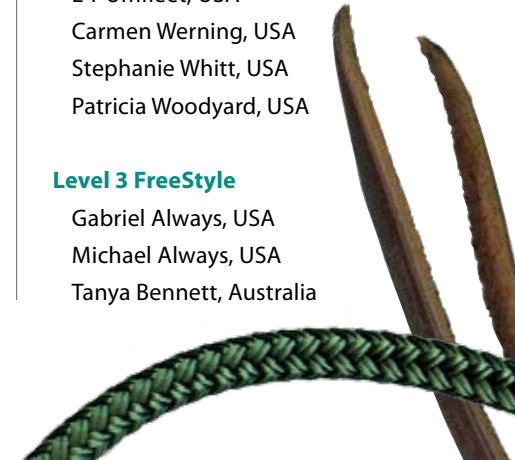
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Jane Burrows, USA
Alison Christie, UK
Amanda D'Emery, USA
Kristien De Winne-Lemmons, Belgium
Ed Dervage, USA
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Rachel Dunn, USA
Luce Dutoit, Switzerland
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Patricia Stavely, USA
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L T Umfleet, USA
Carmen Werning, USA
Stephanie Whitt, USA
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Tanya Bennett, Australia



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Diane Nitzel, USA
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Sally Cross, UK
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Fiona Cowton, USA
Logan Cross, USA
Ceri Daugherty, UK
Callie Dees, USA
Jessica Dill, Germany
Anne Dirksen, Sweden
Caroline Dowling, USA
Anita Ellis, USA
Pernille Elmsdal, Denmark
Puk Elmsdal, Denmark
Samantha Ferneley, UK
Kalin Finsand, USA
Dawn Fulton, USA
Stefanie Gee, UK
Angela Gemson, UK
Elaine Gibbs, Canada
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Jessica Weith, USA
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Zoe Williams, UK
Yvonne Winkler, Germany

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Christine Browne, Australia
Curtis Carle, USA
Ruth Cartwright, UK
Eileen Coe, USA
Rachel Coveney, UK
Roland Denkewitz, Italy
Katie Dockery, UK
Marlene Dorkenkamp, USA
Ernest Eugster, USA
Ann Evans, Canada
Jackie Evans, UK
Jan Fifer, USA
Lisa Fitter, UK
Michelle Forceville, Australia
Krista Garren, USA
Teresa Gaskill, USA
Lisa Gray, USA
Sue Ellen Haning, USA
Lynn Hargreaves, UK
Sue Harrison, Canada
Belinda James, Australia
Wendy Joris, Belgium
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Maria Kropf, Austria
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Lisa Thain, Canada
Georgina Turner, UK
Courin Ulrich, Germany
Steve Van Nest, USA
Stephanie Weigl, Germany
Emily Willmer, USA
Kim Zittel, USA

Level 2 FreeStyle

Lorena Althaus, Switzerland
Cryshtal Avera, USA
Jane Reid, Australia
Sandra Schwer, Germany
Johanna Shaeffer, Ireland
Eva Willy, Switzerland

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(On Line)

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Robin Brooks, USA
Carrie Brough, USA
Dona Cox, USA
Bev Cross, New Zealand
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Crystal Founds, USA
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Mattison Hineline, USA
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